

# What mask should I wear?

Experts recommend upgrading your mask for optimal protection



NO PROTECTION

## No mask or improper use

- Masks should fit over your nose and mouth and be snug against your face with no gaps.
- Don't use masks that are damp, dirty or damaged.
- Don't wear masks with exhalation valves, which allow virus particles to escape.



SOME PROTECTION

## Cloth masks

- Washable and reusable.
- Masks should be washed at least once a day or as soon as they become dirty.
- Multiple layers of woven, breathable fabric.



MOST PROTECTION

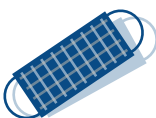
## Surgical masks

- Disposable, intended for one-time use.
- Multiple layers of non-woven material.
- Provides protection against large droplets.



## High-filtration masks

- Varies by mask type, but reusable up to 5 times with proper care.
- Filters up to 95% of particles in the air.
- Seals tightly to the face when fitted properly (some facial hair can interfere with the seal).
- Designed and regulated to meet international standards.



*If you don't have access to a high-filtration respirator mask (N95, KN95, KF94), double up. Single-layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers over a surgical mask. Be sure your mask fits properly – nose wires improve fit.*

Find trusted manufacturers of high-filtration masks at [www.ProjectN95.com](http://www.ProjectN95.com) and [www.cdc.gov/niosh/npptl/respirators/testing/NonNIOSHresults.html](http://www.cdc.gov/niosh/npptl/respirators/testing/NonNIOSHresults.html)