Mask Guide

HOW TO SELECT

When selecting a mask, there are many choices. Here are some do's and dont's based on CDC's latest guidance.

DO choose masks that





Have two or more layers of washable, breathable fabric



Fit snugly against the sides of your face and don't have gaps



Completely cover your nose and mouth



Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape

SPECIAL CONSIDERATIONS

Gaiters & face shields



Wear a gaiter with two layers, or fold it to make two layers



Face shields are not an effective substitute for a mask