

REVEALED



Do I Need a Mask? *Yes. You spread germs and viruses when you:*

- Breathe
- Talk
- Sneeze or cough
- Shout or sing

A mask creates a barrier that prevents germs and viruses from spreading.

There's a lot we don't know about COVID-19, but studies show masks reduce the risk of spreading infection.



How Do I Wear a Mask? *Your mask should:*

- Fit snugly
- Cover your mouth and nose
- Allow you to breathe comfortably

Do not pull your mask up, down, or off while you're out. Leave it in place.

Wash your hands or use hand sanitizer:

- Before you put on your mask
- If you touch or adjust your mask
- After you take off your mask



What Kind of Mask Should I Wear?

Cloth Mask

*Most people need a simple cloth mask.
You can buy one or make your own.*

Cloth masks:

- Are reusable and should be washed after each use
- Can prevent the spread of respiratory droplets
- Should have two layers of dense fabric
- Need secure straps

Wear a cloth mask:

- Anytime you leave your home
- Whenever you're within 6 feet of someone who doesn't live in your house

Surgical/Medical Mask

Wear a surgical mask if you're at high risk of exposure to disease or caring for someone who's sick.

Surgical masks:

- Are one-time use/disposable
- Can prevent you from spreading respiratory droplets
- May stop large droplets, splashes & sprays from reaching your mouth and nose
- Have layers that adjust to fit your face
- Should be worn with the colored side facing out



What Masks Should I Avoid?

N95 and KN95 Masks

Leave these masks for healthcare workers. Consider donating any N95 or KN95 masks you have.

N95 and KN95 masks:

- Restrict airflow if worn properly
- Need professional fitting for best use

Cloth Masks With Filters

Avoid homemade cloth masks with filters.

Homemade cloth masks with filters:

- Can make it hard to breathe
- May contain harmful fibers



How Do I Take Off My Mask?



Pull the ear loops or untie the strings.



Wash your mask if it's reusable.



Don't touch other parts of the mask or your face.



Clean your hands with soap and water.



How Do I Care for My Mask?

Wash your cloth mask after each use:

- Use a mild detergent
- Dry in a hot dryer or air dry on a clean surface inside or outside in the sun
- Store in a clean bag or container

Don't share your mask unless you wash and dry it first.



Want to make a mask?

The CDC has instructions. You can even make one without sewing.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>



Sources: Centers for Disease Control and Prevention, Food and Drug Administration (FDA), NY Times, The Lancet, Washington Post, World Health Organization