

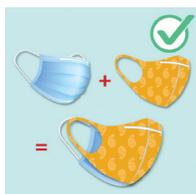
# New Tips on Masks to Protect Yourself from COVID-19

Wearing a mask, coupled with vaccinations, is the best way to protect our families, communities, and coworkers from spreading and contracting COVID-19 and the new more contagious variants of the virus. In fact, the Centers for Disease Control and Prevention (CDC) recently released new research that double-masking offers more protection against the coronavirus. It is important that we all continue to wear masks and follow updated public health guidance for the use of different kinds of masks and their fit. Below we have provided more guidance on double masking, mask material, and mask fit to reflect new information about the level of protection that masks can provide.

## Double-masking offers more protection against COVID-19

CDC lab tests found exposure to potentially infectious aerosols decreased by about **95%** when they both wore tightly fitted masks:

Other effective options to improve fit:



Double-mask with cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides



Use a mask fitter or brace over a disposable mask/ cloth mask to prevent air from leaking around the edges of the mask



Wear a Gaiter or Nylon covering over mask

## How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

### DO choose masks that



Have two or more tightly woven layers of breathable fabric



Completely cover your nose and mouth



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



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



Combine two disposable masks



Combine a KN95 mask with any other mask