

Improve How Your Mask Protects You

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>



When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has:

- 1 Make sure your mask fits snugly against your face.
- 2 Pick a mask with layers to keep your respiratory droplets in and others' out.

Do

Improve fit



Choose a mask with a **nose wire**



Use a **mask fitter or brace**



Check that it **fits snugly** over your nose, mouth, and chin

Add layers of material



2 ways to layer

- Use a cloth mask that has multiple layers of fabric
- Wear a disposable mask underneath a cloth mask. The cloth mask should push the edges of the disposable mask against your face.

Make sure you can see and breathe easily

Knot and tuck ear loops of a 3-ply mask



Knot the ear loops



Fold and tuck in unneeded material



Check for close fit

Do NOT



Combine two disposable masks



Combine a KN95 mask with any other mask.



CS 323019-A 03/11/2021

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



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