Improve How Your Mask Protects You

Accessible version: https://www.odc.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:

- Make sure your mask fits snugly against your face.
- 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

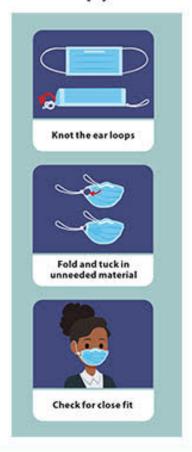


2 ways to layer

- 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

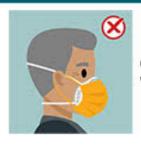
Knot and tuck ear loops of a 3-ply mask



Do NOT



Combine two disposable masks



Combine a KN95 mask with any other mask.





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

