

FACE COVERING DO'S AND DON'TS

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

DON'T 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
- Are prioritized for healthcare workers, including N95 respirators

GAITERS



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

FACE SHIELDS



- Face shields are not recommended – evaluation is ongoing, but effectiveness is unknown

BEARDS



- Wear one disposable mask underneath a cloth mask that has multiple layers of fabric. The second mask should push the edges of the inner mask against the face and beard.
- Use a mask fitter or brace.

CHILDREN



- Find a mask that is made for children to help ensure proper fit
- Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides
- Do NOT put on children younger than 2 years old