

# Which Mask Offers The **Most** Protection?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection against COVID-19.

## NOT PROTECTED



### No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalations valves, which allow virus particles to escape

## SOMEWHAT PROTECTED



### Cloth Masks

- Washable and reusable – masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

## BETTER PROTECTED



### Procedure Masks

- Disposable, intended for one time use
- Multiple layers of nonwoven material
- Provides protection against large droplets



## MOST PROTECTED

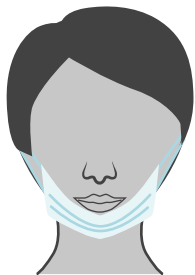


### High Filtration Masks (Respirators - N95, KN95, KF94)

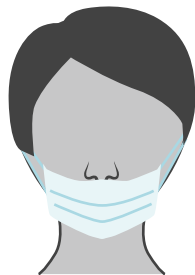
- Reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (facial hair can interfere with this seal)
- Designed and regulated to meet international standards

If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly – nose wires improve fit.

## How **NOT** to Wear a Mask



Do not pull your mask under your chin.



Do not wear your mask on the tip of your nose.



Do not wear your mask loosely or allow gaps.



Do not wear your mask below your nose.

## **PROPER** Mask Wear



Your mask should cover your nose and chin. Make sure there are no gaps.

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