



Mask Guide

General Tips:

- Masks help to catch droplets and aerosols from the wearer's mouth and nose and prevent them from reaching others.
- **Always wear a mask or face covering** when you're in public – indoors and outdoors- and when you are around people you don't live with.
- **Wash your hands before putting your mask on and after taking it off.** Don't touch the front of the mask. Handle it only by the ear loops or ties.
- **Remember, your mask must always cover your nose and mouth**, snugly around the nose and chin with no large gaps around the sides of the face.

For the Public:

1. **Cloth Face Covering** – Use of a simple cloth face covering can help prevent the spread of the virus. A simple cloth face covering can be made from items already in your home. **They should be washed before being worn again.**
The **most effective** fabrics for cloth masks are:
 - Tightly woven fabrics, such as cotton and cotton blends
 - Breathable
 - Have two or three layers
2. **Disposable, Non-Medical Face Mask** – You may prefer to use disposable masks when your mask is likely to get wet or dirty. They are not the same as surgical or other medical masks. Remember to bring extra disposable masks with you in case you need to change out a dirty or wet mask. **These masks cannot be washed.**
3. You can also choose to wear one disposable mask underneath a cloth mask.
 - The second mask should push the edges of the inner mask against your face.





For Healthcare and Frontline Workers: *Surgical masks and respirators are critical supplies that should be reserved for healthcare workers and other frontline workers to prevent supply shortages.*

1. **Surgical Face Mask** – Surgical (medical) face masks help to catch liquid droplets and aerosols from the wearer's mouth and nose and prevent them from reaching others. **These masks cannot be washed.**
2. **N95 Respirators** – N95 respirators filter out at least 95% of airborne particles, including large and small particles and are certified by the U.S. National Institute for Occupational Safety and Health (NIOSH). N95 respirators require medical clearance, training, and fit testing to be worn properly. **These respirators cannot be washed.**
3. **KN95 Respirators** – KN95 respirators provide adequate protection for healthcare personnel, but they have not been approved by NIOSH. However, US Food and Drug Administration

(FDA) has authorized KN95 respirators to be used in healthcare settings when N95 respirators are in short supply or unavailable. **These respirators cannot be washed.**

Which mask is right for me?

If your work requires you to use personal protective equipment (PPE), this table provides the **minimum recommendations**. Your supervisors and/or staff may request higher level of PPE.

TYPE OF WORK/TASK/ACTIVITY	CLOTH FACE MASK/COVERING	SURGICAL MASK (FACE MASK)	KN95 RESPIRATOR	N95 RESPIRATOR
				
General activities in public – shopping, walking in the park, etc.	X	X		
Interaction with coworkers in an office workplace	X	X		
Short frequent contact with general public (reception desk/intake staff)	X	X	X	
Short close contact (consultation with client in office)	X	X	X	
Longer close contact with client (home visit/inspection)	X	X	X	X
Longer/closer contact (personal care services)		X	X	X
Law enforcement, minimal contact	X	X	X	
Law enforcement, close contact (physical confrontation, arrest)	X	X	X*	X*
Emergency shelter staff (support for confirmed/suspected COVID-19 patients)		X		X
Aerosol generating procedures on patients (COVID-19 symptomatic or unknown status) AND eye protection (face shield or safety goggles)				X

* Note that N95 and KN95 respirators may restrict breathing which may pose a problem during strenuous physical activity.

