**What Mask Should I Wear?**

**For the best protection against COVID-19:**
- Get vaccinated and boosted
- Upgrade your mask

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**No Protection**

- No Mask or Improper Use
  - Masks should fit over your nose and mouth and be snug against your face with no gaps
  - If possible, replace a mask that is damp, dirty or damaged
  - Masks with exhalation valves are not recommended because they allow virus particles to escape

**Some Protection**

- Cloth Masks
  - Washable and reusable
  - Multiple layers of woven, breathable fabric
  - Wash cloth masks at least once per day (or as soon as they become dirty)

**Best Protection**

- Surgical Masks
  - Disposable; intended for one-time use
  - Multiple layers of non-woven material
  - Provides protection against large droplets

- High Filtration Masks
  - Respirators - N95, KN95, KF94
  - Varies by mask type, but 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 (some facial hair can interfere with this seal)
  - Designed and regulated to meet international standards*

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*Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks. Adapted from the Public Health Communications Collaborative.*