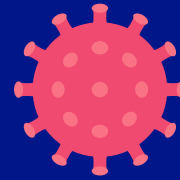# COVID-19
(Coronavirus)

Ways to Increase Mask Protection

- In order to be effective, masks must always be worn over the nose and mouth.
- Ensuring that masks fit well on the face is very important to help prevent getting and spreading COVID-19.
- When there are gaps between the mask and the mask wearer's face, air containing the virus can leak in and out around the edges of the mask (on the top or the sides).
- To help prevent air from leaking, masks should fit snugly against the sides of the face and not have gaps.

How to Improve Mask Fit

Nose Wires

- Use cloth or medical procedure masks that have a nose wire (a metal strip along the top of the mask) to help prevent air leakage at the top of the mask.
- To get a good fit, make sure to bend the nose wire over your nose to conform to your face.


Mask Fitters and Braces

- These devices can be used over a medical procedure mask or a cloth mask to improve the fit by helping to reduce air leakage from around the edges of the mask.

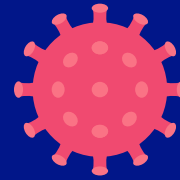

Fold and tuck in unneeded material
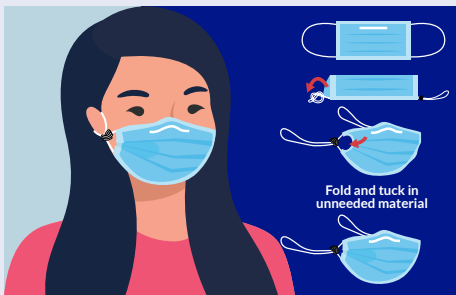
Knotting and Tucking

- This technique can be used to improve the fit of a medical procedure mask. Knot the ear loops of the mask where they join the edge of the mask, then fold and tuck the unneeded material under the edges.

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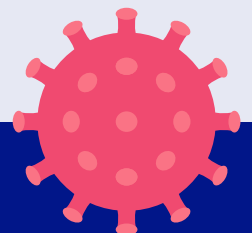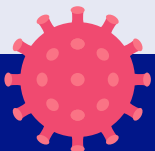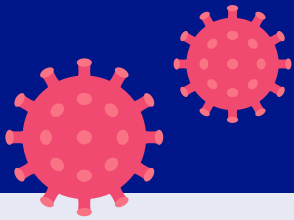
How to Check Mask Fit

- Check for gaps by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.

How to Improve Mask Filtration

- Mask filtration is important because it causes more respiratory droplets containing the virus to be captured by the mask when the wearer breathes out, thereby blocking them from reaching the outside air and protecting others.
- It also protects the wearer by capturing respiratory droplets containing the virus breathed out by others, so that the wearer does not breathe them in.

Layering

- This is a good way of improving mask filtration.
- One layering strategy is to use a cloth mask that has multiple layers of fabric.
- Another strategy is to wear two masks or a "double mask."
  » One way to do this is to wear a medical procedure mask underneath a cloth mask.

DO NOT:

- Combine two medical procedure masks to create a "double mask."
- Combine an N95 mask with any other mask.

DO MAKE SURE:

- Breathing is not difficult
- Vision is not blocked
- Try it at home first

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