The Facts
On Improving the Fit of Your Face Covering

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has. It is important that you pick a mask that fits snugly against your face and a mask with layers to keep your respiratory droplets in and other’s out.

### Cloth Face Coverings

- Ensure face coverings are made with breathable fabric such as cotton.
- Wear cloth face coverings with two or three layers, KN95s, or KF94.
- Ensure face coverings are made with tightly woven fabric. When you hold it up to a light source, light should not pass through.
- Ensure your cloth face covering fits you snugly and does not have large gaps around your nose, chin, or cheeks.

### What to Avoid When Selecting Face Coverings

- Face coverings made of materials such as leather or plastic that will limit breathing capability.
- Double masking with a KN95 or KF94. One is enough.
- Loose knit fabrics. Fabrics that are see through or have holes.
- Loose fitting face coverings.
- Exhalation valves. The CDC has stated that these type of face coverings are less effective in reducing the spread of COVID-19.
- Surgical masks and respirators. These are reserved for healthcare workers ONLY. (N95 Masks)
- The use of a face shield as a substitute of a mask. The large gaps this creates does not protect the user or others from respiratory droplets.
- Neck gaiters not preferred or recommended.

### Non-Medical Disposable Masks

- Meant for single use.
- These are not the same as surgical or other medical masks.
- Likely to be worn in a situation where you will get wet or dirty.
- Like cloth face coverings, ensure this mask still fits you snugly with no large gaps.

### Check Your Fit - Keep it SNUG

- Check for gaps around your nose, cheeks, and chin. You should **not** be able to see or feel any open spots around the edges of your mask. A nose wire helps the seal.
- When you breathe, you should see/feel your mask suction against your face.
- Signs of leakage include eyeglasses fogging up or steamy breath coming from the sides of the mask.

**If these tests fail, try a different kind of mask.**