

What Mask Should I Wear?



For the best protection against COVID-19:

- Get vaccinated and boosted
- Upgrade your mask

No Protection

Some Protection

Best 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

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)

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*



Double up your masks if you do not have access to a high filtration mask. Single layer masks (bandanas, 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 the fit.