



5 Things to Know About Masks

FINDINGS FROM 2020 DUKE UNIVERSITY STUDY AND CDC



USE THE BEST MASKS

Cotton and polypropylene masks have shown to be the best options at keeping particles from escaping. Retailers are selling non-medical disposable face masks. Choose masks that have a good fit. Multi-layered cloth masks and those that have a high thread count are recommended.



WHAT ABOUT FACE SHIELDS?

Face shields protect from large droplets and prevent airborne transmission, so they should be worn with a face mask when possible! Face shields are NOT substitutes for face masks.



MEDICAL MASKS

Leave N95 and surgical masks to healthcare professionals! While they have been shown to be the most effective masks, there is still a shortage of supply. Proper use of non-medical masks will keep you safe. In addition, N95 masks need to be fitted every year, do not work with facial hair, and have special storage requirements.



MASKS WITH VALVES OR VENTS

The CDC recently announced that these masks should not be used; the valves and vents allow for particles to flow right out! They do not stop transmission of the virus.



AVOID THE WORST MASKS

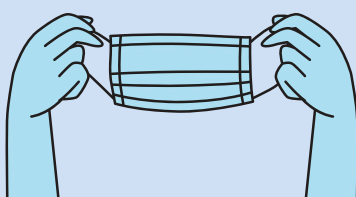
Fleece masks, folded bandanas, and knitted masks are the least effective at lowering the spread of droplets.



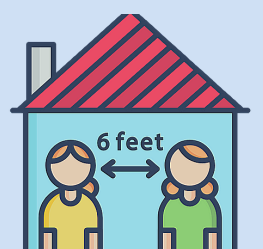
WHEN YOU LEAVE HOME, REMEMBER YOUR W'S



Wash your hands



Wear a mask



Watch your distance

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SOURCE/S:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
<https://advances.sciencemag.org/content/early/2020/08/07/sciadv.abd3083>
<https://preventepidemics.org/covid19/resources/mask-playbook/>