



## COVID-19



WEAR A MASK



STAY 6 FEET APART



AVOID CROWDS



GET A VACCINE

# Types of Masks

Updated Apr. 19, 2021

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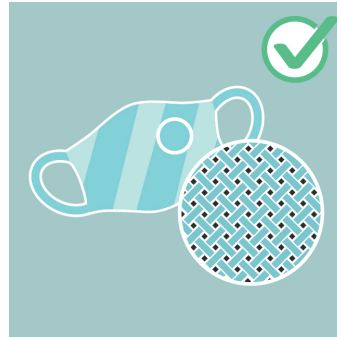
There are many types of masks you can use to protect yourself and others from getting and spreading COVID-19. When choosing a mask, choose one that fits snugly. Learn more about how to choose a mask that fits well and offers the best protection.

## Cloth Masks

**Cloth Masks** can be made from a variety of fabrics, and many types of cloth masks are available.

### Look for

- Multiple layers of tightly woven, breathable fabric
- Nose wire
- Mask should block light when held up to bright light source



### Do NOT wear

- Masks with exhalation valves or vents
- Single layer or masks made of thin fabric that don't block light



### When to wear

- Anytime you are indoors or outdoors with people who don't live with you.



### 2 Ways to have better fit and extra protection

- Wear two masks (disposable mask underneath **AND** cloth mask on top)
- Combine a cloth mask with a fitter or brace



## Disposable Masks

**Disposable** face masks are widely available.

### Look for:

- A description indicating multiple layers of non-woven material
- Nose wire



### Do NOT wear

- Masks with gaps around the sides of the face or nose
- If wet or dirty



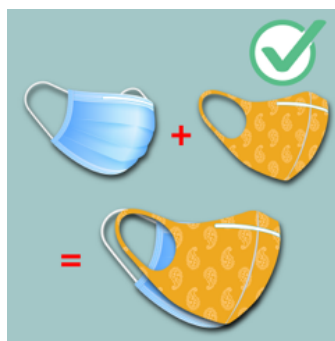
### When to wear

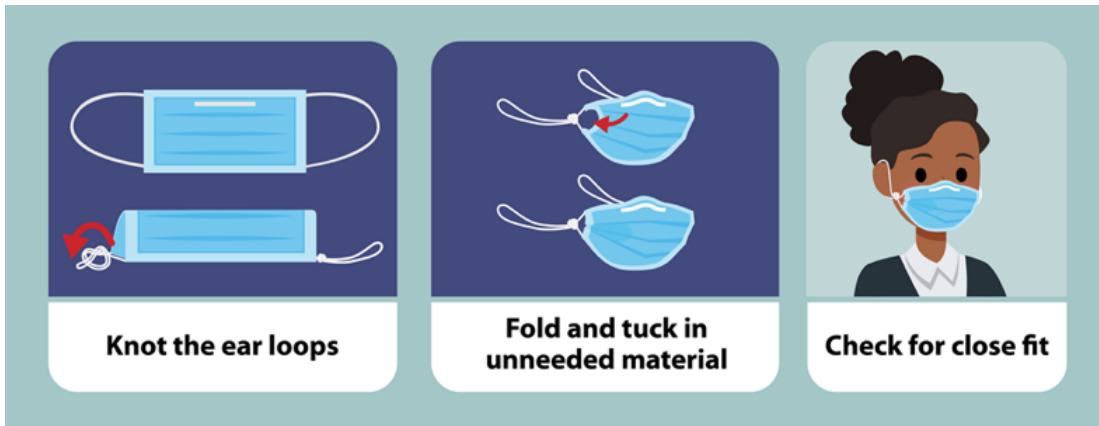
- Anytime you are indoors or outdoors with people you don't live with.



### Ways to have better fit and extra protection

- Wear two masks (disposable mask underneath **AND** cloth mask on top)
- A cloth mask can be combined with a fitter or brace
- Knot and tuck ear loops of a 3-ply mask where they join the edge of the mask
  - Fold and tuck the unneeded material under the edges. (For instructions, see the following <https://youtu.be/GzTAZDsNBe0> )



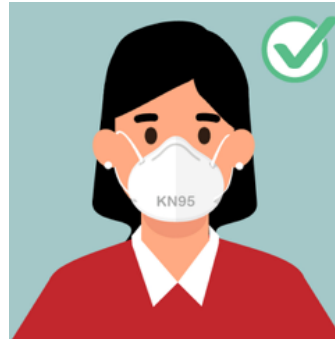


## KN95 Masks

**KN95** masks are a type of filtering facepiece respirator that are commonly made in China and similar to N95 masks commonly used in the United States.

### Look for

KN95 masks that meet [requirements](#) similar to those set by CDC's National Institute for Occupational Safety and Health (NIOSH) for respirators



### Do NOT wear

- If you have certain types of facial hair
- [Counterfeit \(fake\)](#) KN95 masks
- If hard to breathe
- With other masks; wear KN95 alone only



**BE AWARE:** About **60% KN95 masks in the United States** are [counterfeit \(fake\)](#) and **DO NOT** meet **NIOSH requirements**.

## For a better fit and additional protection



Sometimes, you may need more protection to prevent getting and spreading COVID-19.

- Riding on planes, buses, trains, or other forms of public transportation, especially when you can't keep **at least 6 feet away** from people who don't live with you
- **Taking care of someone** who is sick with COVID-19
- **Working at a job** where you interact with large numbers of the public. Examples of jobs might include bus drivers and grocery store workers
- If you are **at increased risk for severe illness**, for example, **older adults** or **people with certain underlying medical conditions**

For more information on science behind improving how your mask protects you, see [Improve the Fit and Filtration of Your Mask to Reduce the Spread of COVID-19](#).

## Prioritize N95 respirators for healthcare workers



CDC recommends that N95 respirators should be prioritized for protection against COVID-19 in healthcare settings. Essential workers and workers who routinely wore respirators before the pandemic should continue wearing N95 respirators. As N95s become available they can be worn in non-healthcare settings.

## More Information

[Your Guide to Masks](#)

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[Masks Protect You & Me](#)

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[How to Wear Your Mask](#)

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[Improve How Your Mask Protects You](#)

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[I Wear a Mask Because](#)

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)