



# CDC recommendation how to wear your mask

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

## Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



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## Special Situations: Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

## Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging



Do NOT put on children younger than 2 years old

[www.HealthCheck.news](http://www.HealthCheck.news)  
(858) 457-8160



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