

# The Proper Way to Wear a Mask for COVID-19 Protection

**MACON COUNTY COMMUNITY PARTNERS**  
COMPREHENSIVE HEALTHCARE RESPONSE COMMITTEE

# Masks Help Protect Others



# The Relative Size of Particles

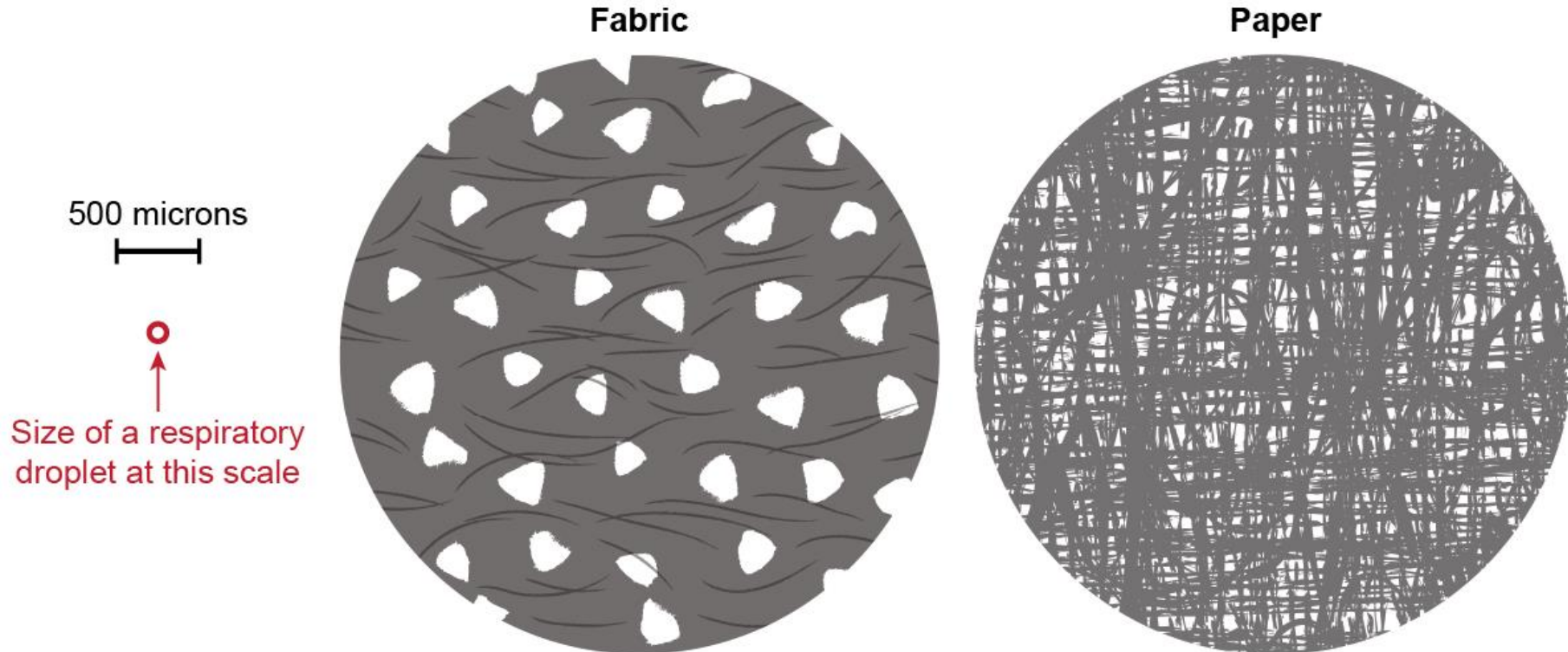
From the COVID-19 pandemic to the U.S. West Coast wildfires, some of the biggest threats now are also the most microscopic.

A particle needs to be 10 microns ( $\mu\text{m}$ ) or less before it can be inhaled into your respiratory tract. But just how small are these specks?

Here's a look at the relative sizes of some familiar particles  $\blacktriangleright$



# Cloth Masks Offer Limited Protection



# Recommended Face Masks



Cloth

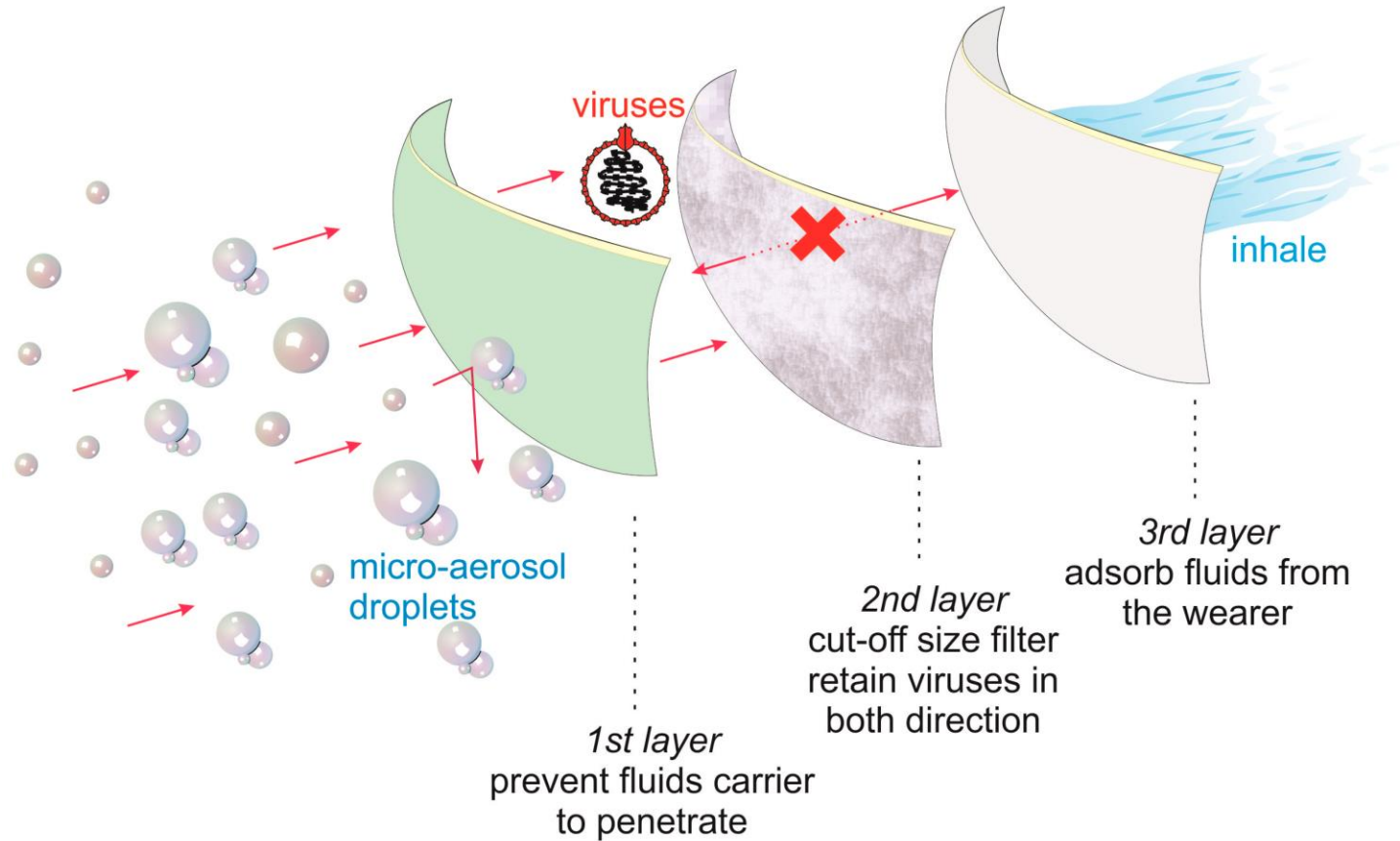


Surgical



N95

# Three Layers of Protection

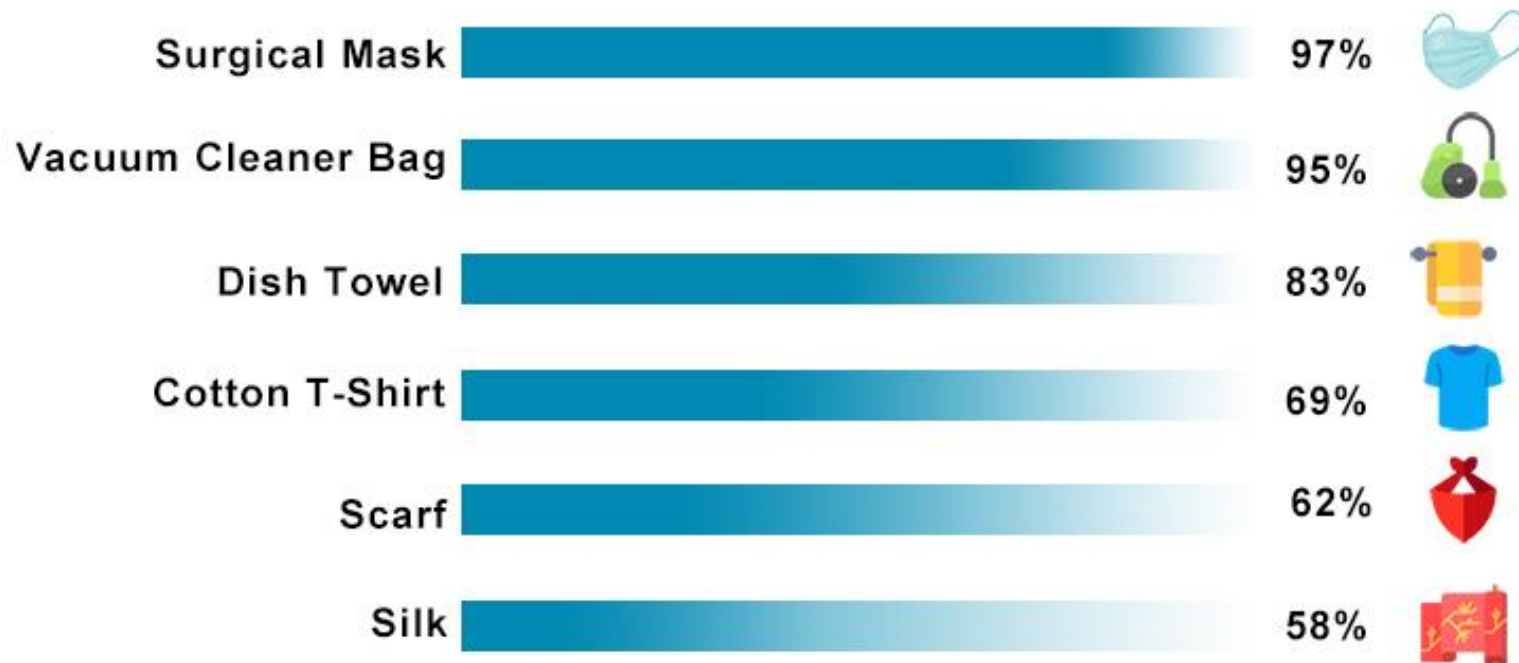


# N95 and KN95 Respirators



# Cloth Masks: The Type of Fabric Matters

## Effectiveness of Materials against Micron Particles





# How to Wear a Mask Properly

## DO wear a fabric mask safely.



Tighten the loops or ties so it's snug around your face, without gaps.



Mask should cover from just under the bridge of your nose to under your chin.

- ✓ Always wash your hands before and after wearing a mask.
- ✓ Use the ties or loops to put your mask on and pull it off.
- ✓ Don't touch the front of the mask, especially when you take it off.
- ✓ Put on and remove your mask while inside your home. Public transportation, elevators and stairwells can be high-contamination areas.
- ✓ Wash and dry your cloth mask daily and keep it in a clean, dry place.
- ✓ Remember that masks offer only limited protection and work best in combination with hand washing and physical distancing.

# Wrong Ways to Wear a Mask



# Do Not Wear Masks with Vents or Valves



# Do Not Wear Outdoor Sports Masks



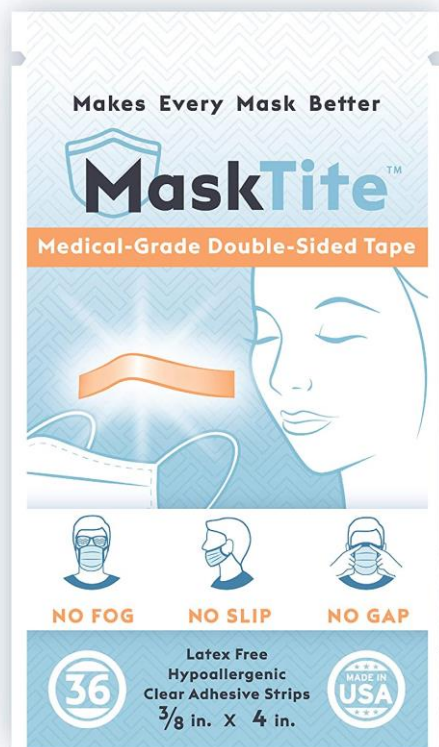
# Do Not Wear Spandex Neck Gaiters or Sponge Masks



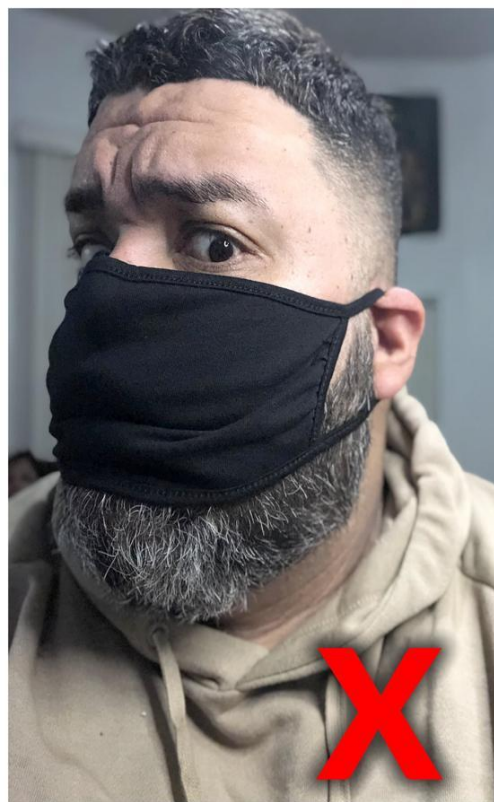
# Face Shields Are Ineffective by Themselves



# Mask Comfort



# Special Sizes





# Cleaning and Reusing Your Masks





For More Information

[www.maconcares.org](http://www.maconcares.org)