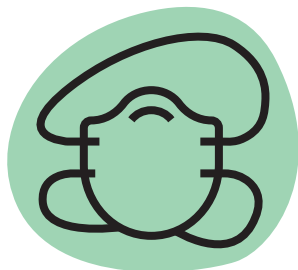


# MASKS 101

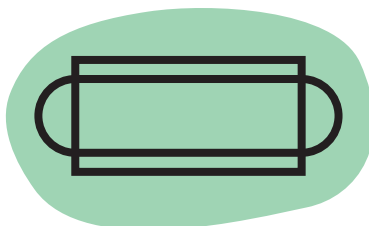
There are so many different masks available for purchase now. With all the options available, from homemade to medical grade, what are the differences and how do we ensure their effectiveness?



## N95 / KN95

**Filters 95% of 0.3 & 0.1 micron particles**

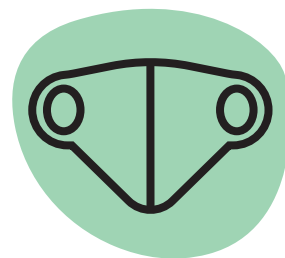
N95s are reusable and the most effective widely produced masks available. Due to the material they are made of, these masks are able to filter particles less than 0.1 microns in diameter. SARS-COV-2 is reported as 0.12 microns.



## SURGICAL MASK

**Filters 95% of 0.3 & 0.1 micron particles**

Most surgical masks that are found in stores are rated at US Level 1 meaning they are highly effective. These masks are available to purchase in large packs but it is important to only use each mask once. They cannot be cleaned like N95 or cloth masks because of the type of plastic used to make them.



## LAYERED CLOTH MASK

**Filters 60% of 0.02 micron particles\***

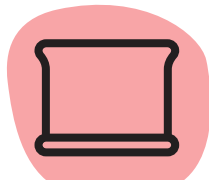
When choosing a cloth mask, there is a balance between breathability and efficiency. If making your own, the best material for both is actually high thread count antimicrobial pillowcases\*. If purchasing cotton masks, look for masks that are made of multiple layers of a cotton blend.

## NOT EFFECTIVE AT PROTECTING AGAINST COVID-19



### BANDANAS

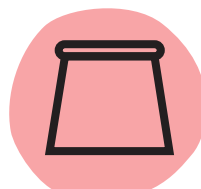
They are not effective at air filtration for users and people around you. Certain materials, most notably fleece, actually helps create more droplets and increase the spread of pathogens in the air.



### GAITERS



### SCARVES

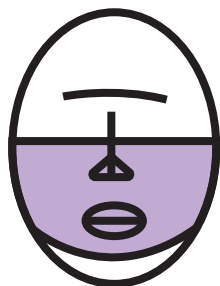


### FACE SHIELDS

Doesn't stop aerosols or filter them at all. Only protects against droplets.



### MASKS WITH VALVES/VENTS



#### How to Wear

Remember: masks are only effective if they cover your mouth AND nose. It's a common misconception that masks impair breathing or oxygen levels, this is not true! Don't be afraid to ask people to wear their masks correctly to protect them, yourself, and others.

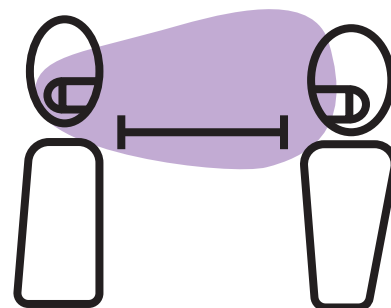


#### When to Clean and When to Toss

**N95's:** Spray them thoroughly with rubbing alcohol or hydrogen peroxide and let them air dry for at least 24 hours.

**Cloth Masks:** Wash either by hand or in a washing machine with detergent or soap and dried in a machine or in the air depending on the strap. If the straps are glued on, make sure not to expose them to too much heat.

**Surgical Masks:** Trash after each wear.



#### When to Wear

A common misconception is that you don't need to wear a mask when physically distanced or outdoors. Realistically, anytime you are exposed to people who aren't in your bubble you need to be wearing a mask. Always better to be safe than sorry.

