What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

- No mask or improper use

Some Protection

- Cloth Masks
  - Washable and reusable.
  - Masks should be washed at least once a day or as soon as they become dirty.
  - Multiple layers of woven, breathable fabric.

- Surgical Masks
  - Disposable, intended for one time use.
  - Multiple layers of non-woven material.
  - Provides protection against large droplets.

Most Protection

- High Filtration Masks (Respirators - N95, KN95, KF94)
  - Varies by mask type, but reusable up to 5 times with proper care.
  - Filters up to 99% of particles in the air.
  - Seals tightly to the face when fitted properly (some facial hair can interfere with this seal).
  - Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks.

If you don’t have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.