



# Selecting and Wearing a Mask

Wearing a mask over your mouth, nose and chin is important to help prevent the spread of COVID-19. Any mask is better than no mask; the [CDC now recommends](#) that you wear the most protective mask you can that fits well and that you can wear for as long as you need it.

 <p><b>Cloth Mask</b></p> <p>Cloth masks should have multiple layers of tightly woven fabric and a nose wire.</p>	 <p><b>Disposable Mask</b></p> <p>Look for disposable masks with a nose wire.</p>	 <p><b>Filtering Mask</b></p> <p>KN95 and N95 are filtration masks. Certain N95 masks are designed specifically for healthcare personnel.</p>	 <p><b>Surgical N95 Filtering Mask</b></p> <p>Surgical N95 masks are designed specifically for healthcare personnel.</p>
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## How to Wear a Mask: Good Fit and Good Condition

**Good Condition:** All masks should be clean, dry and in good condition. Before using your mask, check that there are no tears or loose straps. Make sure your mask is clean and dry. If your mask is washable, be sure to wash regularly. If disposable, throw away the mask when it is dirty, damaged, or difficult to breathe through.

**Good Fit:** No matter which mask you wear, ensure it fits well with no gaps. Gaps can happen if the mask is the wrong size, if it is worn incorrectly or if it is worn with facial hair.

### Cover your nose and mouth with the mask.

- It is important to [check that the mask fits](#) snugly over your nose, mouth, and chin.
- All masks should have a nose wire to secure the top of the mask tightly around your nose.
- Check for gaps by cupping your hands around the outside edges of the mask. Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the ear loops are too long, knot them on each side to make them smaller
- If the mask itself is too big, fold and tuck the unneeded material under the edges.