

MASKS for Covid protection

Cloth Masks

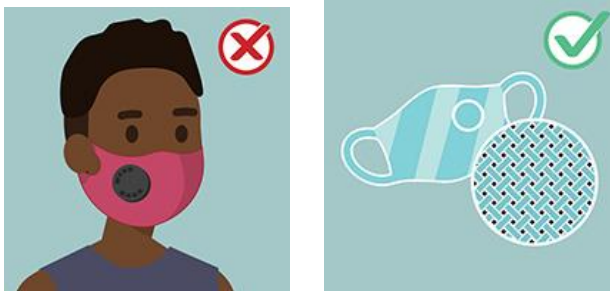
Cloth Masks can be made from a variety of fabrics and many types of cloth masks are available.

Wear cloth masks with

- A proper fit over your nose and mouth to prevent leaks
- Multiple layers of tightly woven, breathable fabric
- Nose wire
- Fabric that blocks light when held up to bright light source

Do NOT wear cloth masks with

- Gaps around the sides of the face or nose
- Exhalation valves, vents, or other openings (see example)
- Single-layer fabric or those made of thin fabric that don't block light



Disposable Masks

Disposable face masks are widely available. They are sometimes referred to as surgical masks or medical procedure masks.

Wear disposable masks with

- A proper fit over your nose and mouth to prevent leaks
- Multiple layers of non-woven material
- Nose wire



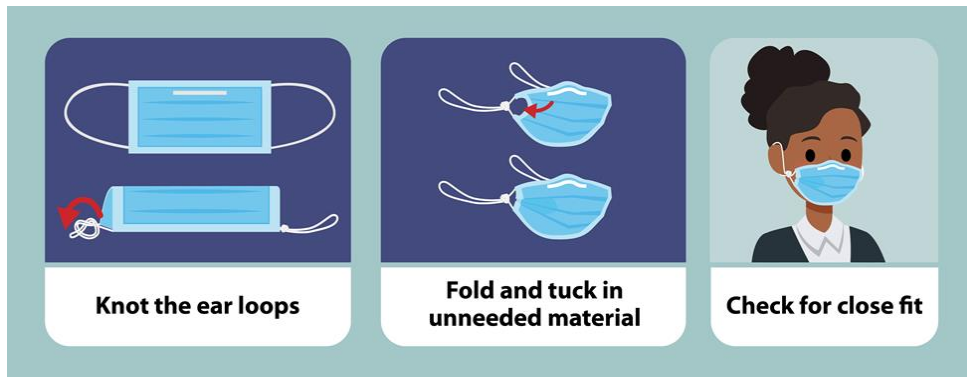
Do NOT wear disposable masks with

- Gaps around the sides of the face or nose (see example)
- Wet or dirty material



Ways to have better fit and extra protection with cloth and disposable masks

- Wear two masks (disposable mask underneath AND cloth mask on top)
- Combine either a cloth mask or disposable mask with a fitter or brace
- Knot and tuck ear loops of a 3-ply mask where they join the edge of the mask
 - For disposable masks, fold and tuck the unneeded material under the edges.
- Use masks that attach behind the neck and head with either elastic bands or ties (instead of ear loops)



Do NOT wear

- If you have certain types of facial hair (given below)
- If hard to breathe
- If wet or dirty
- With other masks
- As a replacement for NIOSH-approved respiratory protection when required by your job

How to wear

Follow the manufacturer's instructions to wear, store, and clean or dispose of the mask properly.

Respirators

Respirators that Meet International Standards

Some respirators are designed and tested to meet international standards.

Respirators approved by NIOSH (The National Institute for Occupational Safety and Health) are evaluated by NIOSH against a specific US standard that includes a quality requirement. International standards do not often have quality requirements.

The most widely available respirators that meet an international standard are KN95s.

Other examples include 1st, DL2, DL3, DS2, DS3, FFP2, FFP3, KN100, KP95, KP100, P2, P3, PFF2, PFF3, R95, and Special.

Required Labeling of NIOSH-Approved N95 Filtering Facepiece Respirators

For more information about NIOSH-Approved respirators, go to: <http://knowits.NIOSH.gov>

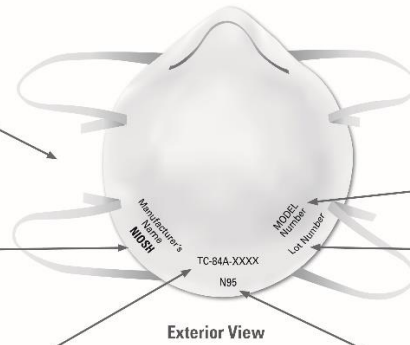
Example of Exterior Markings—Approval holder business name, a registered trademark or an easily understood abbreviation.

If privately labeled, the private label name or logo will appear instead of the approval holder business name.

NIOSH—NIOSH name in block letters or NIOSH logo.

TC-Approval Number (TC-84A-XXXX)—For products manufactured after September 2008, the TC-Approval number is required to appear on the product.

Filter Designation—NIOSH filter series. Alpha-numerical rating followed by filter efficiency level (example, N95, N99, N100, R95, P95, P99, P100)



Model # XXXX—Model Number or Part Number

Lot # XXXX—Lot Number and Date of Manufacture (recommended, but not required)

Exterior View

DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Institute for Occupational Safety and Health



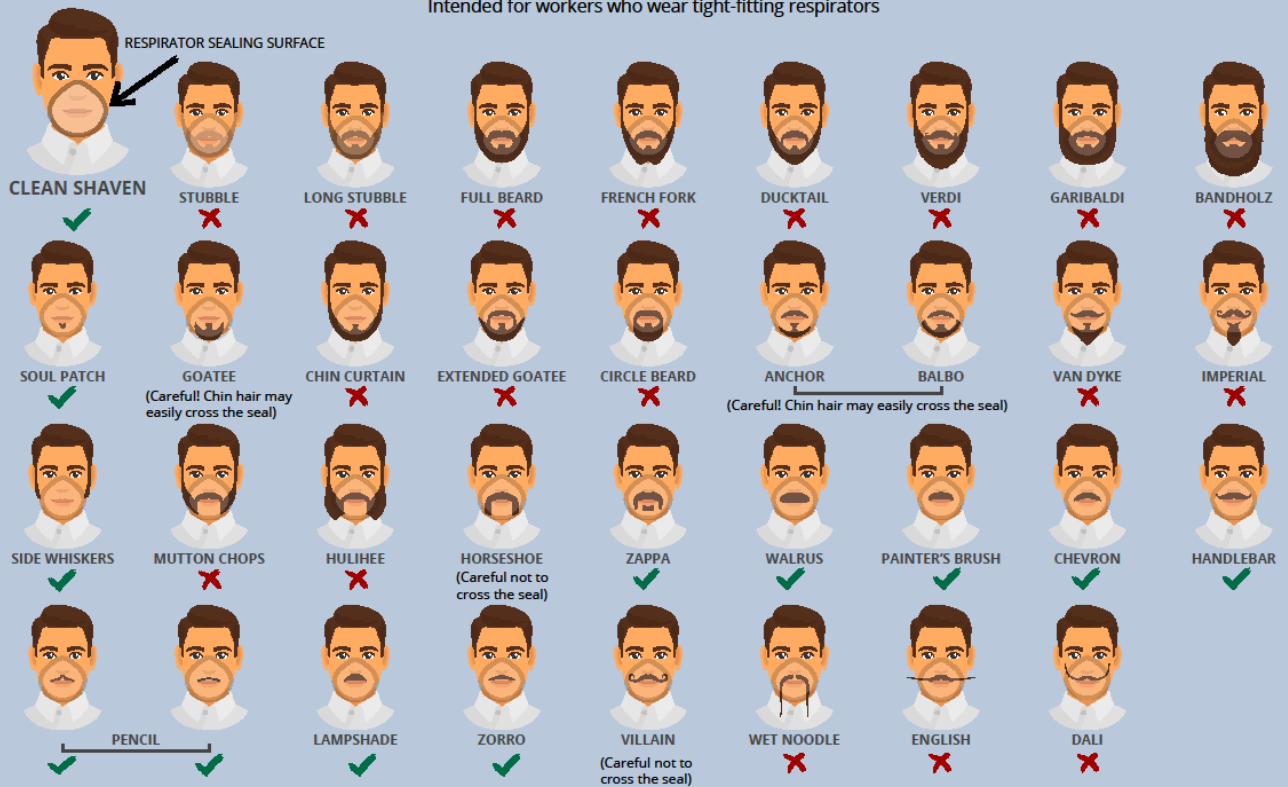
Do NOT wear

- If you have certain types of facial hair



Facial Hairstyles and Filtering Facepiece Respirators

Intended for workers who wear tight-fitting respirators



*If your respirator has an exhalation valve, some of these styles may interfere with the valve working properly if the facial hair comes in contact with it.
 †This graphic may not include all types of facial hairstyles. For any style, hair should not cross under the respirator sealing surface.
 Source: OSHA Respiratory Protection Standard
https://www.osha.gov/pls/stowweb/owstip.show_document?p_table=standards&p_id=12716
 Further Reading: NIOSH Respirator Trusted-Source Webpage
https://www.cdc.gov/niosh/nppt/topics/respirators/dlap_part5resource3fittest.html



Centers for Disease Control and Prevention
 National Institute for Occupational Safety and Health

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2017

- International respirators *with exhalation valves or vents*
- If hard to breathe
- If wet or dirty
- As a replacement for NIOSH-approved respiratory protection when required by your job

Surgical N95 – A NIOSH-approved N95 respirator that has also been cleared by the Food and Drug Administration (FDA) as a surgical mask.

N99 – Filters at least 99% of airborne particles. Not resistant to oil.

N100 – Filters at least 99.97% of airborne particles. Not resistant to oil.

R95 – Filters at least 95% of airborne particles. Somewhat resistant to oil.

P95 – Filters at least 95% of airborne particles. Strongly resistant to oil.

P99 – Filters at least 99% of airborne particles. Strongly resistant to oil.

P100 – Filters at least 99.97% of airborne particles. Strongly resistant to oil.

What to know about N95s

- Filter up to 95% of particles in the air when approved by NIOSH and proper fit can be achieved
- Seal tightly to the face when fitted properly
- Since N95 respirators form a seal to the face, they may feel harder to breathe through than a cloth mask
- N95 respirators cannot be washed. They need to be discarded when they are dirty, damaged, or difficult to breathe through
- N95 respirators tend to be more expensive than masks

Wear an N95 with

- Cup, flat fold, or duck bill shape
- Two straps that go around the head
- Formable wire nose bridge
- Fit testing (a process that uses specialized equipment) is the best way to determine if the respirator fits you. Even without fit testing, a well-fitting properly worn respirator may provide more protection than a mask. However, a poorly fitting or improperly worn respirator or mask may reduce its intended benefit.

Considerations for Children

Anyone 2 years or older who is not fully vaccinated should wear masks in indoor public spaces.

This recommendation also applies to fully vaccinated people when they are in an area of substantial or high transmission.

CDC also currently recommends universal indoor masking for all teachers, staff, students, and visitors to K-12 schools, regardless of vaccination status or transmission rates. The benefits of mask-wearing are well-established.

Respirators – for children

Parents and caregivers may have questions about NIOSH-approved respirators (such as N95) for children. Although respirators may be available in smaller sizes, they are typically designed to be used by adults in workplaces, and *therefore have not been tested for broad use in children.*

Selecting Masks:

- Masks and respirators should not be worn by children younger than 2 years old.
- Choose a well-fitting and comfortable mask or respirator that your child can wear properly. A poorly fitting or uncomfortable mask or respirator might be worn incorrectly or removed often, which would reduce its intended benefits.
- Choose a size that fits over the child's nose and under the chin but does not impair vision.
- Follow the user instructions for the mask or respirator. These instructions may show how to make sure the product fits properly.
- Some types of masks and respirators may feel different if your child is used to wearing a regular cloth or disposable mask.

Safety precautions:

- If your child has a medical condition, such as a heart or lung problem, ask their healthcare provider before they use methods to improve mask fit or use an ASTM F3502 mask or a respirator.
- If your child has a hard time breathing, gets dizzy, or has other symptoms while using methods to improve mask fit, an ASTM F3502 mask, or a respirator, ask them to switch to a regular cloth or disposable mask. They should continue to follow CDC guidance to protect themselves and others.

Alternative Masks for Special Situations



The FDA recently approved a transparent medical mask. These transparent medical masks should be reserved for use by healthcare workers and patients who require them.

Clear masks or cloth masks with a clear plastic panel are an alternative type of mask that may be helpful when interacting with certain groups of people, such as:

- People who are *deaf or hard of hearing*
- Young children or students learning to read
- *Students learning a new language*
- People with disabilities
- *People who need to see the proper shape of the mouth for making appropriate vowel sounds (for example, when singing)*

If you use this type of mask, make sure

- You can breathe easily
- Excess moisture does not collect on the inside of the mask

Choosing a Mask or Respirator for Different Situations



Some situations may have a higher risk of exposure to COVID-19 than others. So, you may want to consider the type of mask or respirator to wear depending on the situation.

Always choose a well-fitting and comfortable mask or respirator and wear it properly (covering your nose and mouth). A poorly fitting or uncomfortable mask or respirator may be worn improperly or taken off frequently, which may reduce its intended benefit.

These situations might include:

- Riding on planes, buses, trains, or other forms of public transportation*, especially when riding for a prolonged period of time on crowded conveyances
- Taking care of someone who is sick with COVID-19
- Working at a job where you interact with large numbers of the public, especially when public mask use is inconsistent. Examples of these jobs might include bus drivers and grocery store workers
- If you are at increased risk for severe illness, for example, older adults or people with certain underlying medical conditions
- If you are immunocompromised or unvaccinated

Sources of information

1] CDC – MAINLY

2] ARTICLE - William G. Lindsley, PhD¹; Raymond C. Derk, MS; Jayme P. Coyle, PhD; Stephen B. Martin Jr., PhD; Kenneth R. Et al, Efficacy of Portable Air Cleaners and Masking for Reducing Indoor Exposure to Simulated Exhaled SARS-CoV-2 Aerosols *Weekly* / July 9, 2021 / 70(27);972–976