

How to Wear a Mask to Help Prevent Respiratory Infections

Wearing a mask can help prevent the spread of respiratory infections like the flu and COVID-19.

These infections can spread through tiny droplets that escape when you breathe, talk, cough, or sneeze.

Masks protect both you and others from inhaling those droplets.

And wearing a mask can protect you even if others aren't wearing one.

Try to find a mask with the best fit, protection, and comfort for you.

Respirators, such as N95 masks, have the highest level of protection.

Surgical masks and KN95 masks usually have the next best protection.

If you're using a cloth mask, make sure it has a few layers of tightly woven, breathable fabric.

It should block light when held up to a bright light.

Try to choose a mask that has a nose wire.

Avoid masks with valves.

Here's how to wear a mask.

First, wash your hands before putting it on.

Use an alcohol-based hand sanitizer if you can't wash your hands.

Next, put the mask on so that it covers your nose, mouth, and chin.

Make sure it fits. It should cover your nose and mouth without gaps at the sides.

If your mask has a metal wire, mold and bend the wire to fit around your nose.

You'll know that the mask fits well if you can't feel your breath escape out near your eyes or at the sides of the mask.

If you wear glasses, try putting on your glasses over the top of the mask at the bridge of your nose.

This can help prevent the lenses from fogging up.

When you're finished wearing your mask, take it off using the loops or ties.

Don't touch your nose, eyes, or mouth when you're removing it.

If it's a cloth mask, wash it.

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If it's a disposable mask, throw it away.

And after you take off your mask, always wash your hands.

Wearing a mask doesn't have to be complicated, and it's one of the easiest and best ways to protect yourself and others from spreading respiratory infections.

It's as simple as that.