

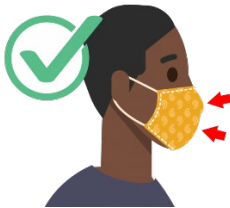
## Universal Face Coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

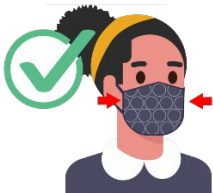
**DO** choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

**DO NOT choose masks that**



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are prioritized for healthcare workers, including N95 respirators

**Not Recommended**

**Gaiters & face shields**



If a gaiter is chosen it must be with two layers-Folding the gaiter over on itself is adequate



Not recommended: Evaluation of face shields is ongoing, but effectiveness is unknown at this time.

**Wearing a mask does not raise the carbon dioxide (CO<sub>2</sub>) level in the air you breathe.**

Cloth masks and surgical masks do not provide an airtight fit across the face. The CO<sub>2</sub> escapes into the air through the mask when you breathe out or talk. CO<sub>2</sub> molecules are small enough to easily pass-through mask material. In contrast, the respiratory droplets that carry the virus that causes COVID-19 are much larger than CO<sub>2</sub>, so they cannot pass as easily through a properly designed and properly worn mask.