



# Mask Up SASD

Page 1 of 2

## 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

## 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 intended for healthcare workers, including N95 respirators

## Glasses



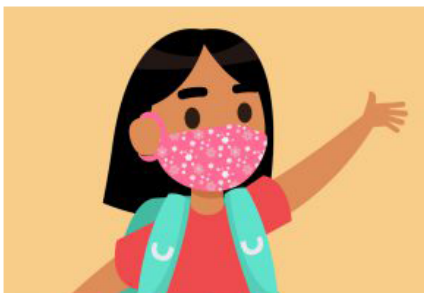
If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging.

## Face Shields



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

## Children



Find a mask that is made for children to help ensure proper fit



Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides



Do NOT put on children younger than 2 years old



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Page 2 of 2

## Cold weather gear



Wear your scarf, ski mask or balaclava over your mask



Scarves, ski masks and balaclavas are not substitutes for masks

## Do wear a mask that



- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face.

## How NOT to wear a mask



Around your neck



On Your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm