

**CO**RONA**VI**RUS **D**ISEASE 2019   
(COVID-19)

**Masking Social Media Posts**

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How to Select a Mask

The CDC offers this visual guidance below to help you select a mask. Additional information can be found on the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html).

Graphical user interface, text, application, chat or text message

Description automatically generated

Quick Mask Tip – 1

Properly fitting masks help protect you and others. Check the sides of your mask. If there are gaps between the mask and your face, you need a smaller mask or to adjust the ties or ear loops.

Quick Mask Tip – 2

If your nose or mouth isn’t covered completely, it’s not doing any good. A mask that is under your nose or chin isn’t preventing droplets from leaving or entering your body.

Quick Mask Tip – 3

Looking for a new mask? Avoid those made of materials that are hard to breathe through – vinyl for example. Also, steer clear of masks with valves or vents which allow droplets to escape.

Quick Mask Tip – 4

Mask check! Does your mask – have at least two layers of a breathable fabric? Completely cover your nose and mouth? Fit snuggly to the side of your face without gaps? Did you respond yes to all of these? That’s great! Your mask meets CDC recommendations.

Quick Mask Tip – 5

Worried you don’t have a proper fit? Check the sides of your mask. If there are gaps at your cheeks, you need a smaller mask or to adjust the ties or ear loops.

Quick Mask Tip – 6

Masking up? Before you do, be sure to wash or sanitize your hands. This prevents any germs from getting on your mask and into your mouth or nose.

Quick Mask Tip – 7

Stop! Before taking off your mask make sure you do these four things: 1) wash or sanitize hands 2) only handle your mask by the ear loops or ties 3) fold outside corners of your mask together 4) wash or sanitize hands, again. Why wash your hands twice? The first time is to kill any germs before touching your face. The second time is to kill any germs you may have picked up from your mask.

Quick Mask Tip – 8

Mask causing your glasses to fog up? Try one with a nose wire to help close any gaps on the sides of your nose.

Quick Mask Tip – 9

When hitting the slopes, ice skating or enjoying an outdoor winter festival, wear a scarf or ski mask over your cloth mask. While scarves and ski masks will keep your face warm, they do not offer the same protection as cloth masks.