








# Effective Face Covering Guidance

Since the onset of the COVID-19 pandemic, numerous studies on face covering efficacy have shown evidence that some mask types provide greater protection than others. It is important to remember that any mask is better than no mask, but the CDC recommends that you wear the most protective mask you can that fits correctly and that you will wear consistently. The proper mask can increase transmission time from minutes to hours and help protect yourself and others around you.

## For a face covering of any type to work effectively, there are a few key factors to consider:

- **Proper fit** – Any face covering should cover both your nose and mouth, fit snugly under your chin and on the sides of your face with no gaps, and have a nose wire to conform to the bridge of your nose. Facial hair, such as bushy beards, may reduce the performance of the mask and may require the use of a brace or fitter to ensure maximum protection.
- **Regular Maintenance** – Face coverings of any type should be kept clean and dry and inspected frequently for holes, tears, or signs of wear. Replace the mask if it becomes soiled or stretched out, or if you begin to feel significant resistance during inhalation.

MASK TYPE	PROS	CONS	WHERE TO GET ON CAMPUS
 <p><b>N95</b></p>	<ul style="list-style-type: none"> <li>• Provide the highest level of protection from particles (95% of airborne particles when worn consistently and properly)</li> <li>• Contain your own respiratory droplets from others</li> <li>• NIOSH-approved</li> <li>• Straps go around head and neck</li> </ul>	<ul style="list-style-type: none"> <li>• Must be properly fitted to be effective</li> <li>• N95s with exhalation valves are not permitted</li> <li>• N95s should be prioritized for healthcare workers</li> </ul>	Respiratory Protection Office (if recommended by Health Services)
 <p><b>KN95/ KF94</b></p>	<ul style="list-style-type: none"> <li>• Designed and tested to meet international standards</li> <li>• Tight mesh with electrostatically charged material traps exhaled droplets and blocks inhaled particles</li> <li>• Better protection than cloth and surgical masks</li> </ul>	<ul style="list-style-type: none"> <li>• Not NIOSH-approved</li> <li>• About 60% of KN95 masks sold online are counterfeit</li> <li>• Straps only go around ears</li> </ul>	Respiratory Protection Office (if recommended by Health Services)
 <p><b>Surgical Masks</b></p>	<ul style="list-style-type: none"> <li>• Widely available</li> <li>• Multilayered</li> <li>• Moderate level of protection</li> <li>• Can be doubled for added protection</li> </ul>	<ul style="list-style-type: none"> <li>• Straps only go around ears</li> <li>• Should be modified (ear loops tied, excess material tucked in sides) to create better fit and provide extra protection</li> </ul>	Store stock in Bldg. 2525 and 4500S. At building entrances around site.
 <p><b>Cloth Masks</b></p>	<ul style="list-style-type: none"> <li>• Easy to find</li> <li>• Low cost</li> <li>• Washable and reusable</li> </ul>	<ul style="list-style-type: none"> <li>• No longer acceptable unless worn over a surgical mask or combined with a disposable filter insert</li> <li>• Lower filtration efficiency, does not form tight seal</li> </ul>	N/A
 <p><b>Neck Gaiters</b></p>	<ul style="list-style-type: none"> <li>• Easy to find</li> </ul>	<ul style="list-style-type: none"> <li>• No longer acceptable unless worn over a surgical mask</li> <li>• Lowest filtration efficiency, does not form tight seal</li> </ul>	N/A