## Tips for choosing a proper mask



Should be made of 2+ layers of tightly woven fabric (such as cotton or linen) and a third middle filter laver.



Ensure it is well-fitted with ear loops or ties.



Fit comfortably against your face allowing you to breathe easily so you don't need to adjust it.



Be large enough to completely cover the nose, mouth, and chin without gaping.



Must be durable to allow you to frequently wash and dry it without losing its shape.

Masks protect others from your respiratory droplets, but will not protect you from the droplets of others.

Wearing a mask should not be a replacement for following proven measures such as handwashing and physical distancing.









