Making the Most of your Mask

Preventing Transmission of COVID-19 & Other Respiratory Infections

Transmission occurs via respiratory droplets & aerosols
- Aerosols can stay in the air for hours
- Released when talking, singing, coughing & sneezing

Masks work in two ways:
1. Reduce germs coming from infected individuals
2. Prevent exposure of healthy individuals

Mask material & fit both affect function!

Where Does It Need To Fit: Nose, Cheeks, & Chin

- Better fit → better function & comfort
- Start with the correct size
- Pinch the nose piece to fit
- Modify as needed to close the gaps at the nose, cheeks & chin

Close the Gaps: Start With Size

- Large
- Medium
- Small/Kids

Close the Gaps: Adjustable Ear Savers

- Reduce ear discomfort & fogging of glasses
- Helps prevent kids from losing masks

Close the Gaps: Double Masking

- A cloth mask can be used to improve the fit of a disposable mask
- Wear the cloth mask over the disposable mask
- Minimize gaps at the cheeks & chin
- Use with adjustable ear savers to maximize fit & comfort

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