

What mask is best?

It's important to continue masking indoors and when distancing isn't possible outdoors. Many people are considering upgrading their masks due to more contagious variants of COVID-19. So what kind of mask is best?

Least protection 

Some protection 

Most protection 



Cloth masks

- Cloth masks often have gaps around the sides; choose a mask that fits snugly and doesn't gap
- Can be washed and reused
- Cloth masks with multiple layers are preferred
- Avoid neck gaiters and bandanas that are less effective



Surgical masks

- Disposable, typically used once
- Contain a nose wire for secure fit
- Multiple layers of material
- Provide protection against droplets



High filtration masks

- Seal tightly around face when used properly
- Highest level of protection from particles, including the virus that causes COVID-19
- Prevent your respiratory droplets and particles so you do not expose others
- Do not wear if you have trouble breathing

MASK MASTER PRO TIPS!

- Choose a well-fitting mask that your child* can wear comfortably.
- Double up if you don't have access to a high filtration mask; wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask.
- Avoid masks with valves or other openings as they release respiratory droplets back into the air.
- Continue to wear a mask indoors – even if you're vaccinated
- While the vaccine is very effective at preventing severe illness from COVID-19, breakthrough infection is possible due to variants of the virus.

*Masks are not recommended for children under 2 or people whose special health care needs could prevent them from safely wearing a mask.

