

# Quick Guidance on Face Coverings

## CHOOSING A MASK

### DO choose masks that:

Have **two or more layers** of washable, breathable fabric (e.g. cotton) or tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source).



**Completely cover** your nose and mouth.



**Fit snugly** against the top, bottom and sides of your face and do not have gaps around your face.



### DON'T choose masks that:

Are made of fabric that makes it **hard to breathe**, for example, vinyl.



Have **exhalation valves** or vents which allow virus particles to escape.



Are intended for **healthcare workers**, including N95 respirators.



### Other alternatives:



Non-medical, commercially available disposable masks can be worn as face coverings (e.g., FFP2, KN95, KF95, etc.).

Neck gaiters can be worn if they have at least two layers or are folded to make two layers



### Additional information regarding masks and face covering:

Princeton EHS Guidance on the Use of Face Coverings: <https://ehs.princeton.edu/guidance-use-face-coverings>

Princeton Face Coverings Policy: <https://ehs.princeton.edu/FaceCoveringsPolicy.html>

CDC Guide to Masks: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

Improve How Your Mask Protects You: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

# HOW TO PROPERLY FIT AND WEAR A MASK

## DO

**Choose** a face covering with a nose wire to prevent air from leaking out of the top of the mask and bend it over your nose to fit it close to your face.



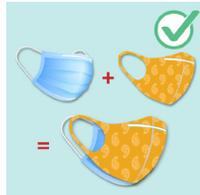
**Use** a mask fitter or brace over a disposable mask or a cloth face covering to prevent air from leaking around the edges of the mask.



**Check** for gaps by cupping your hands around the outside edges of the face covering to make sure no air is flowing from the area near your eyes or from the sides of it.



**Add** layers of material by using a cloth face covering that has multiple layers of fabric or wearing one disposable mask underneath a cloth face covering. The second face covering should push the edges of the inner mask against your face.



**Knot and Tuck** ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the edges
- For video instructions, see: <https://youtu.be/UANi8Cc71A0>



## DON'T

**Wear** two disposable masks because they are not designed to fit tightly.



**Wear** KN95 masks with any other type of mask or face covering.



**Wear** face shields in place of face coverings.



There is emerging guidance that suggests the following face coverings are **less protective**:

- Bandanas
- Scarves
- Loosely knitted ski masks and balaclavas



**With all of this guidance in mind, it is also important to make sure that you can easily breathe and see when you are wearing your face covering(s)!**