

# The Low Down on Masks—help your family, community & you!

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



**Masks made with several layers of breathable fabric (such as cotton) protect everyone including you against Covid-19.**

## DO NOT 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 or surgical masks



**Masks made from loosely woven or knitted fabric let light or moisture pass through & do not protect anyone from Covid-19.**

## Special Situations: Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

**Masks are not a substitute for hand washing or social distancing which needs to be at least 6 feet at all times**

### Masks should NOT be worn by:

- Children younger than 2 years
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated or otherwise unable to remove the mask without assistance

### SHARE! CARES Act Project

For more information visit SHARE!'s website [www.shareselfhelp.org](http://www.shareselfhelp.org) or 1-877-SHARE-49  
Artwork & Messages courtesy of the CDC