

# Should you double mask?

## What you need to know about CDC's new guidance on masking

When worn properly, face masks are an important way to prevent the spread of COVID-19. The Centers for Disease Control and Prevention (CDC) has new guidance to improve mask performance and provide better protection from COVID-19.

Whether you double mask or not, your mask must fit snugly to your face. If it is a cloth mask, it must have at least two layers of fabric to filter out small particles. If your mask does not fit snugly or your mask does not filter well enough, consider double masking.

### Good Fit: Wear a mask that fits tightly to your face.

- **Cover up:** Make sure your face mask completely covers your nose and mouth and is secured snugly under your chin.
- **Mind the gap:** There should be no gaps around the side of your face where your breath can escape.
- **Mold it to your nose:** If your mask has a moldable piece running along the top edge, mold it over the bridge of your nose to help contain droplets.
- **Tighten the ear straps:** Knot the ear loops of a disposable mask, and tuck in the sides to get a better fit.



### Good Filtration: Keep small particles from entering or exiting your mask.

**Wear a mask with layers:** If you wear a cloth mask, pick one with two layers of fabric to filter out small particles.



### Double up: If your mask does not fit snugly or only has one layer of material, consider double masking.

This adds another layer of protection and helps your mask fit more snugly and filter better.



### Healthcare professionals: The CDC recommends medical-grade masks for healthcare professionals.

Cloth masks are not considered adequate PPE in healthcare settings. Be sure to follow your facility's guidance.

### Remember the basics to prevent the spread of COVID-19:

- **Clean your hands frequently.**
- **Maintain social distancing** of at least 6 feet from others when outside the home.
- **Get the COVID-19 vaccine** when it's your turn.

