Face mask
Do’s and Don’ts.

ALL patients (2 years old and older) are required to mask in the health center. If your mask does not meet CDC recommendations, we will provide a surgical mask for you to wear instead.

What works

Breathable fabric
Two or more layers of washable, breathable fabric like a cotton blend

Nose wire
Can prevent air from entering or leaving the sides of your nose

N95 Masks
These masks are effective, but should be reserved for healthcare workers

Bandana/gaiter masks
Wear a gaiter with two layers, or fold it to make two layers

Full coverage
Completely covers your nose and mouth, and a snug fit against your cheeks

Doesn’t work

Masks with valves
These masks allow respiratory droplets both in and out

Face shields
Mainly for eye protection, but do not protect your nose or mouth

Improperly worn
No mask is effective if it is worn around your chin or neck

For more information, visit eversidehealth.com