

Face mask Do's and Don'ts.

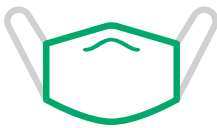
ALL patients (2 years old and older) are required to mask in the health center. If your mask does not meet CDC recommendations, we will provide a surgical mask for you to wear instead.

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 by the sides of your nose



N95 Masks

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



Bandana/ gaiter masks

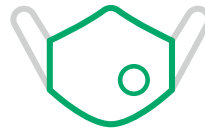
Wear a gaiter with two layers, or fold it to make two layers



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

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