

Mask Misconceptions

COVID-19 (Coronavirus) concerns are growing, but what's an effective way to safeguard against the virus and what's wasted effort? We're looking at the basics of prevention – and sharing what the experts recommend.



Surgical Mask

Wear if:

You are sick

Mask details:

Loose fit over nose and mouth

Thin material

Protects others from your fluids when you cough or sneeze



N95 Respiratory Mask

Wear if:

You are taking care of a COVID-19 patient

Mask details:

Provides a tight seal around nose and mouth

Filters out at least 95% of very small (0.3 micron) particles

Capable of filtering out bacteria and viruses

Keep in mind: Centers for Disease Control does *NOT* currently recommend the general public use facemasks.

Prevention Basics

1

Avoid:

Close contact with people who are sick

Touching your eyes, nose, and mouth

2

Stay home when you're sick

3

Clean and disinfect frequently touched objects and surfaces

4

Wash your hands frequently and for at least 20 seconds