

Cover Up, Stay Safe, Be a Hero: The Complete Guide to Masks in the Time of COVID-19

Mounting evidence continues to support face coverings as a critical tool in the fight against COVID-19, especially with widespread use. Simply put, the more we collectively wear masks, the better!

How It Works

If you're healthy, a mask keeps airborne droplets and smaller aerosols containing the virus from entering the mouth and nose. If you're infected, a mask holds in many of the viral droplets and aerosols you exhale.

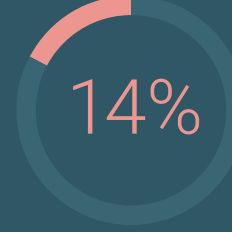
Where It Matters

In addition to being recommended whenever maintaining physical distance isn't possible, some states and retailers require masks in public settings.

Who Is Doing It?



always or very often wear a mask outside the home¹



rarely or never wear a mask outside the home¹

Which Mask Is Right for You?

less effective

more effective



Bandanas/Gaiters

Hardest to fit around face; typically made of thinnest, most permeable material

A recent study suggested gaiters may be a poor choice for protection², but expert feedback has been mixed. They can still be an option for easier breathing when exercising outdoors.



Hybrid/Homemade

Performance can be increased further based on choice of material, layers and design

Preliminary evidence indicates that two layers of 600-thread-count cotton with another material like silk or flannel filtered more than 80% of small particles and more than 90% of larger particles.³



Surgical/Disposable

Made with non-woven fabric (commonly polypropylene), which has better filtration and air permeability than woven cloth.

A 2015 study showed surgical masks were better at filtering particles from coughs and sneezes and were 3x as effective at blocking aerosols than homemade masks.⁴

What about a respirator/N95 mask?

While N95 respirators are the most effective, they should be reserved for healthcare workers.



Mask DOs and DONTs



Make your mask work harder by combining with other preventive measures such as physical distancing, staying home when you feel sick and practicing good hand hygiene.

- DO wash or sanitize your hands before and after handling.
- DO cover from the bridge of your nose to beneath your chin.
- DO ensure it feels comfortable and secure, otherwise you'll keep touching it, limiting the effectiveness.
- DO wash cloth masks frequently, if not daily, and store in a paper bag or breathable container.
- DON'T share masks or reuse a disposable mask.
- DON'T pull your mask up and down in public.
- DON'T touch the front of the mask when removing. Use ties or loops to gently pull off.
- DON'T tie a mask around your wrist or leave a used mask on a common surface.
- DON'T wear masks with exhalation valves or vents; experts say this type does not prevent the wearer from transmitting COVID-19 to others.⁵

Why Wear It?



Because Masks DO Stop the Spread:

A recent study asked 111 people infected with viral illnesses to exhale into a giant funnel.



Without the masks, contagious droplets and aerosols were released into the air 30% of the time.⁶

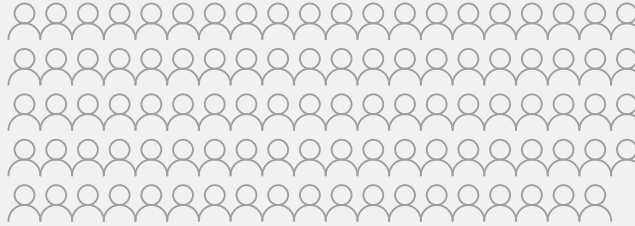


When masked, nearly 100% of viral droplets and some of the aerosol particles were blocked.⁶

The Proof Is Out There:

According to the CDC⁷, this past May, two COVID-19-infected hair stylists spent at least 15 minutes with 139 clients.

EVERYONE wore face coverings and **NO CLIENTS** are known to be infected.



Masks + Kids

Younger than 2

How: Masks should not be used with infants and toddlers. Instead, cover the carrier or carriage loosely with a blanket so they can be protected but still able to breathe comfortably.

Why: Masks present potential suffocation, strangulation and choking hazards at this age. In the absence of face coverings, be cautious about their public exposure in general.

Ages 2+

How: Practice at home to get them used to wearing and maneuvering masks, and model how to appropriately remove, store and clean hands afterwards.

Bonus: Talk about the steps out loud to reinforce what you are doing and increase understanding. This also opens the door for them to ask questions and have further discussion.

66,700+ lives saved

if 95% of the U.S. population began wearing masks in public

Hope For The Future

According to one projection from the University of Washington's Institute for Health Metrics and Evaluation, if 95% of the U.S. population began wearing masks in public, the expected COVID-19 death toll by December 1 would decrease from 295,011 to 228,271, a drop of 49%.⁸

We're Here for You

At home or on-the-go, if you're experiencing any medical concerns or simply feel the need to connect with a primary care physician, 98point6's virtual clinic is available 24/7 from wherever you are.

1 <https://news.gallup.com/poll/316928/face-mask-usage-relatively-uncommon-outdoor-settings.aspx>
 2 <https://advances.sciencemag.org/content/early/2020/08/07/sciadv.abd3083>
 3 <https://royalsocietypublishing.org/doi/10.1098/rsos.200200>
 4 <https://bmjopen.bmj.com/content/bmjopen/5/4/e006577.full.pdf>
 5 <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>
 6 <https://www.nature.com/articles/s41591-020-0843-2>
 7 <https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm>
 8 <http://www.healthdata.org/news-release/new-ihme-covid-19-forecasts-see-nearly-300000-deaths-december-1>