



Coronavirus Disease 2019 (COVID-19)

How to choose a mask

No sound. Silent video.

- DO NOT wear masks that
- Are made of fabric that makes it hard to breathe, for example, vinyl;
- Have exhalation valves or vents, which allow virus particles to escape;
- Are intended for healthcare workers, including n95 respirators or surgical masks.
- DO choose masks that
- Have two or more layers of washable, breathable fabric;
- Completely cover your nose and mouth;
- Fit snugly against the sides of your face and don't have gaps.