



Frequently Asked Questions Face Mask Information



February 19, 2021

These FAQs contain up-to-date information related to Face Mask.

Why should I wear a face mask?

Correct and consistent mask use is a critical step everyone can take to prevent getting and spreading COVID-19. Masks work best when everyone wears them, but not all masks provide the same protection. When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

How can I improve how my mask will protect me?

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask



Pick a mask with layers to keep your respiratory droplets in and others' out.

A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



Choose a mask with a **Nose Wire**

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.



Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



Check that it **Fits Snugly** over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.
- Gaps can let air with respiratory droplets leak in and out around the edges of the mask.



Add **Layers** of material

2 ways to layer

- Use a cloth mask that has multiple layers of fabric.
- Wear one disposable mask underneath a cloth mask.

Make sure you can see and breathe easily!



Knot and Tuck ear loops of a 3-ply mask

- Knot the ear loops of a 3-ply face mask where they join the edge of the mask
- Fold and tuck the unneeded material under the

What are the types of facemasks?

There are many types of masks you can use to protect yourself and others from getting and spreading COVID-19. Cloth masks can be made from a variety of fabrics, and many types of cloth masks are available. Do not wear cloth masks with exhalation valves or vents, single layer or masks made of thin fabric that don't block light. Disposable face masks are widely available. Do not wear disposable masks with gaps around the sides of the face or nose, or if wet or dirty.

When should I wear a facemask?



- Anytime you are indoors or outdoors with people who don't live with you.
- Riding on planes, buses, trains, or other forms of public transportation, especially when you can't keep at least 6 feet away from people who don't live with you
- Taking care of someone who is sick with COVID-19
- Working at a job where you interact with large numbers of the public. Examples of jobs might include bus drivers and grocery store workers
- If you are at increased risk for severe illness, for example, older adults or people with certain underlying medical conditions

Where can I get facemask?

The Stockbridge-Munsee Health & Wellness Center has facemasks available at the registration desk.
The Emergency Preparedness Office (former education office) has facemasks available.
The Mohican Family Center has facemask available.