MDHHS reminds Michiganders to follow these tips when wearing a mask:

1. **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.
2. **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.

Please see the graphic below, to help make the best choices when selecting a face mask.

In addition, the CDC has recently recommended **wearing two masks** to increase protection against COVID-19. Double masking is an easy way to improve fit, which also improves protection. The more particles that are blocked, the better you are protected against getting COVID-19. **Other options to improve fit** include wearing a mask fitter or wearing a nylon covering (like a gaiter) over a mask.
One cloth or medical mask | 40% of particles blocked
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A cloth mask worn over a medical mask | 85% of particles blocked
Two medical masks worn or a medical mask knotted and tucked properly | 95% of particles blocked

**Data Source**  Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021

Those in need of a free mask can contact their local Community Action Agency or local DHHS office.

Information around this outbreak is changing rapidly. The latest information is available at Michigan.gov/Coronavirus and CDC.gov/Coronavirus. To learn more about the COVID-19 vaccine, visit Michigan.gov/COVIDVaccine.

FIGURE 1. Masks tested, including A, unknotted medical procedure mask; B, double mask (cloth mask covering medical procedure mask); and C, knotted/tucked medical procedure mask.

FIGURE 2. Mean cumulative exposure* for various combinations of no mask, double masks, and unknotted and knotted/tucked medical procedure masks†

Double mask refers to a three-ply medical procedure mask covered by a three-ply cloth cotton mask. A knotted and tucked medical procedure mask is created by bringing together the corners and ear loops on each side, knotting the ears loops together where they attach to the mask, and then tucking in and flattening the resulting extra mask material to minimize the side gaps.

A cloth mask refers to any mask constructed from textiles or fabrics (both natural and synthetic) that is not a surgical mask or N95 respirator and is not intended for use as personal protective equipment.