

## MASK up, MASK Right












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.

## Mask up, Mask right

A face mask is defined as a tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose. Here are some guidelines to help you choose the most effective face mask.

Recommended	Not Recommended
 <p><b>Masks that fit properly</b> (snugly around the nose and chin with no large gaps around the sides of the face)</p>	 <p><b>Masks that do not fit properly</b> (large gaps, too loose or too tight)</p>
 <p><b>Masks with two or three layers</b></p>	 <p><b>Masks with one layer</b></p>
 <p><b>Masks made with tightly woven fabric</b> (i.e., fabrics that do not let light pass through when held up to a light source)</p>	 <p><b>Masks made from loosely woven fabric or that are knitted</b> (i.e., fabrics that let light pass through)</p>
 <p><b>Non-medical disposable masks</b></p>	 <p><b>Masks with exhalation valves or vents</b></p>
 <p><b>Masks made with breathable fabric</b> (such as cotton)</p>	 <p><b>Masks made from materials that are hard to breathe through</b> (such as plastic or leather)</p>
	 <p><b>Wearing a scarf/ski mask as a mask</b></p>

### Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local MDHHS offices and Community Action Agencies. Find a distribution site or call the COVID-19 hotline at 1-888-535-6136.



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
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

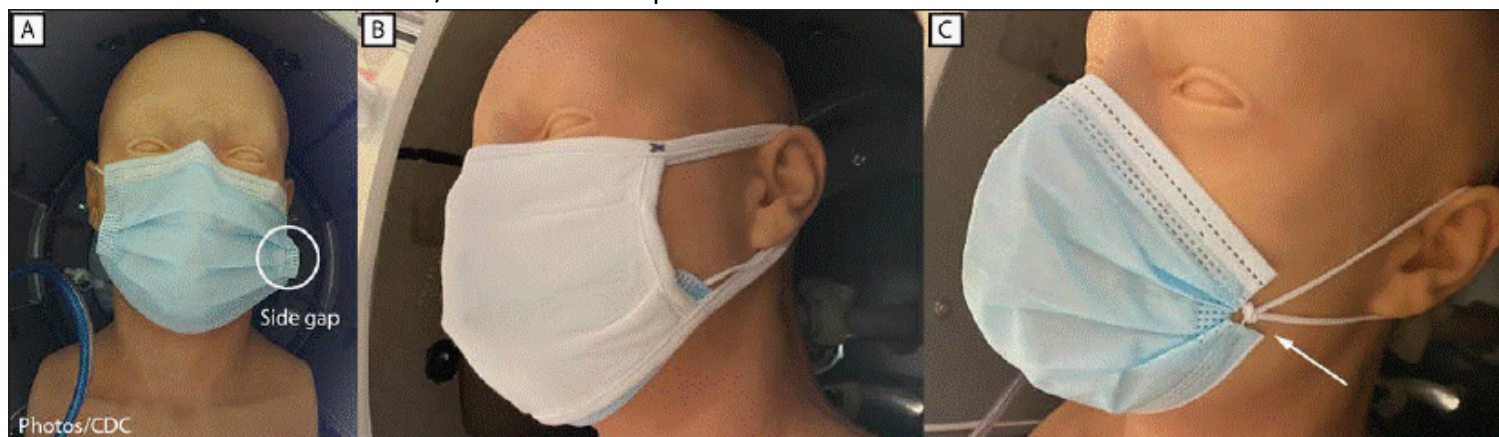
Data Source [Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021](#)

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.