OVERALL REMINDERS
STORAGE: Clean, dry, cool place
WASH HANDS: After removing or putting mask on
DISCARD MASK: If damaged or hard to breathe
CLEAN: Reusable cloth masks after each use
N95 RESPIRATORS: Save for our frontline workers

MOST EFFECTIVE OPTIONS
SURGICAL MASKS
(Isolation, ear loop, or medical mask)
- Made to specific healthcare standards.
- Not recommended for reuse but if surgical masks are in short supply, may need to practice limited reuse and/or conserve for healthcare providers (HCPs).

RESPIRATORS
(Approved in other countries and tested by the CDC)
- These include KN95 (China), PFF3 (Brazil).
- Same guidelines as surgical masks - limit reuse.

GOOD OPTIONS
CLOTH MASKS
What to look for:
- Snug fit. Covering the face, across the cheekbones, nose bridge, and chin.
- Multiple layers of a tight-weave fabric (100% cotton mask is a good bet).
- A built-in pocket where you can place a filter.

FILTER OPTIONS
- Polypropylene fabric - derived from plastic. Also called spunbond or meltblown.
- Two folded tissues can also work - change tissues daily.

ONE-LAYER MASKS & FACE COVERINGS
- Made with one layer of fabric or permeable fabrics or don’t fit snugly on the face.
- Examples: fleece cloth masks, scarves, bandanas, gaiters, winter sport “buffs.”

OPTIONS TO AVOID*
RESPIRATORS
- Made with one layer of fabric or permeable fabrics or don’t fit snugly on the face.
- Examples: fleece cloth masks, scarves, bandanas, gaiters, winter sport “buffs.”

NON-MEDICAL DISPOSABLE MASKS
What to look for:
- Snug fit. Covering the face, across the cheekbones, nose bridge, and chin.
- Multiple layers of material (should feel sturdy, not lightweight like a dryer sheet).
- Not recommended for reuse but if in short supply, may need to practice limited reuse. Discard if visibly soiled.

MASKS WITH EXHALATION VALVES
- Valves can let droplets escape and aren’t recommended by CDC.

*Although not ideal, anything that covers the nose and mouth is better than nothing.

MORE INFORMATION: cuanschutz.edu/coronavirus | covid19.colorado.gov/mask-guidance