

Choosing the Right Mask

MOST PROTECTION

LEAST PROTECTION

N95*, KN95, or similarly constructed



- AKA filtering face piece respirators or tight fitting respirator
- N95 are manufactured to US NIOSH standards
- KN95 is manufactured to international standards
- **N95 is the preferred choice*
- Can be required in workplaces for hazard control
- General Use: Can be used by the public to help protect against diseases
- Good for high risk situations (e.g., in a small space with many people, on mass transit, with others who are ill)

BE AWARE there are known issues with counterfeit N95 and KN95 masks being sold. This web-page has information about purchasing masks. →



Disposable Medical Masks



- AKA “procedural or medical mask”
- Should be at least 2 or 3 layers
- More layers are more protective
- FDA-approved masks can be used in medical workplaces
- Can be used by the public for protection against diseases
- Good for medium risk situations (e.g., in a larger space with people)
- Can be used with cloth mask (on top or under) to improve fit for medical masks

Cloth Masks



- Often 2 layers, can be more, may have filter added to it
- Better than no mask
- General Use: Can wear until visibly soiled, or damaged
- Wash at least once a day or as soon as they become dirty

No Mask



No Protection

FOR ALL MASKS

- Do not wear if it’s hard to breathe or you feel faint or light headed
- Facial hair makes it hard for any mask to fit well
- Do not touch the part that you will be breathing through—handle by loops, ties, edges



For current COVID-19 information:
<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov>
The Military Health System Nurse Advice Line is available 24/7:
 Call 1-800-874-2273 option #1
 or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>
For more information, contact your installation’s Department of Public Health

