

Your mask helps protect those around you

COVID-19 spreads mainly from person to person through respiratory droplets. Respiratory droplets travel into the air when you cough, sneeze, talk, shout, or sing. These droplets can then land in the mouths or noses of people who are near you or they may breathe these droplets in. Masks are a simple barrier to help prevent transmission.

You should wear a mask, even if you do not feel sick. This is because several studies have found that people with COVID-19 who never develop symptoms (asymptomatic) and those who are not yet showing symptoms (pre-symptomatic) can still spread the virus to other people.

It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart since COVID-19 spreads mainly among people who are in close contact with one another.

Source Control to Block Exhaled Virus

Multi-layer cloth masks block release of exhaled respiratory particles into the environment, along with the microorganisms these particles carry. Cloth masks not only effectively block most large droplets but they can also block the exhalation of fine droplets and particles which increase in number with the volume of speech and specific types of phonation. Multi-layer cloth masks can both block up to 50-70% of these fine droplets and limit the forward spread of those that are not captured.

Your mask offers some protection to you

A cloth mask also offers some protection to you too. How well it protects you from breathing in the virus depends on how well your mask fits and how it's made such as the type of fabric and the number of layers of fabric.

Filtration for Personal Protection

Studies demonstrate that cloth mask materials can reduce the wearers' exposure to infectious droplets through filtration of fine droplets and aerosols. The relative filtration effectiveness varies widely. Multiple layers of cloth with higher thread counts have demonstrated superior performance compared to single layers of cloth with lower thread counts.

For more information, visit the following Centre for Disease Control website <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>