

COVID-19: All About Health Masks

Health Masks
Protect You
and Others
From the Virus



Different Kinds of Health Masks:

- Cloth
- Surgical/Disposable Health Masks
- Health Masks Designed and Tested to Perform at Consistent Levels (Example: KN95)

How to Choose a Health Mask

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don't have gaps
- Have a nose wire to prevent air from leaking out of the top of the mask

Source: CDC

How to Wear a Health Mask



**WASH YOUR HANDS
OR USE HAND
SANITIZER BEFORE
PUTTING ON YOUR
HEALTH MASK**



**DON'T TOUCH YOUR
HEALTH MASK WHILE
WEARING IT**



**MAKE SURE YOUR
HEALTH MASK
COVERS YOUR NOSE
AND MOUTH AND
SECURE IT UNDER
YOUR CHIN**



**MAKE SURE YOUR
HEALTH MASK FITS
SNUGLY AGAINST THE
SIDES OF YOUR FACE**

Source: CDC

Wear a health mask in public.
Whenever you are not sure, remember this tip:
If you have to ask, wear a health mask.

Learn more at brainenergysupportteam.org



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY