Why should I wear a face mask?

Wearing masks reduces the transmission of COVID-19 and decreases the severity of the disease even when infection occurs.

Wearing a well-fitting mask over your mouth and nose can stop 90% or more of the droplets and aerosols carrying the virus.
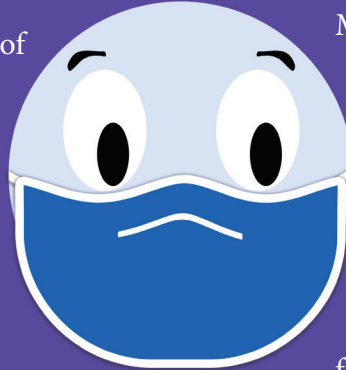
Masks prevent infected people from spreading the virus by trapping the respiratory droplets that are produced when we cough, speak, and breathe. Masks also protect the wearer from other people's particles by mechanical and electrostatic filtration. By trapping particles and dispersing our breath, masks can protect us and those around us from COVID-19.

What face mask should I choose?

✓ **Best**

Surgical Mask

Multi-layered cloth mask

Tightly woven or high thread count cotton or cotton blend

✓ **Good**

Single-layer cloth mask

Lower thread count cotton, silk, linen, polyester

✗ **Not recommended**

Folded bandana

Neck Gaiter

Mask with vents

Overly porus material such as nylon or fleece

Unbreathable material such as plastic or leather

How should I wear my face mask?

✓ **Best**

Not recommended

Good fit
Can be secured over nose, behind ears or around head, and under chin

Poor fit or not worn correctly
Noticeable gaps, holes or vents

Are Masks Safe?

Masks are safe for almost all people to wear. They do not increase carbon dioxide or decrease oxygen in wearers.
If you have questions on whether wearing a mask is safe for you please talk to your doctor.

Author: Benjamin W. Abbott, PhD, Plant and Wildlife Sciences, BYU
Environmental Health, Environmental Science
Research Assistant Authors: Mitchell Greenhalgh, S. Isaac St. Clair, Jonas Bush