

# TYPES OF MASKS AND RESPIRATORS

While masks are optional in some places, they continue to be required in certain places like health centers, hospitals, and elderly homes. Masks are proven to be highly effective at reducing COVID-19 and other viruses. Let's continue to be safe and protect our loves ones.

## CLOTH MASKS CAN BE MADE FROM A VARIETY OF FABRICS, AND MANY TYPES OF CLOTH MASKS ARE AVAILABLE.

### Wear cloth masks with:

- ✓ A proper fit over your nose, mouth, and chin to prevent leaks
- ✓ Multiple layers of tightly woven, breathable fabric
- ✓ Nose wire
- ✓ Fabric that blocks light when held up to bright light source



## PROCEDURE MASKS. DISPOSABLE PROCEDURE MASKS ARE WIDELY AVAILABLE. THEY ARE SOMETIMES REFERRED TO AS SURGICAL MASKS OR MEDICAL PROCEDURE MASKS.

### Wear procedure masks with:

- ✓ A proper fit over your nose, mouth, and chin to prevent leaks
- ✓ Multiple layers of non-woven material
- ✓ A nose wire



## WAYS TO HAVE BETTER FIT AND EXTRA PROTECTION WITH CLOTH AND DISPOSABLE MASKS

- ✓ Wear two masks (disposable mask underneath AND cloth mask on top)
- ✓ Combine either a cloth mask or disposable mask with a fitter or brace
- ✓ Knot and tuck ear loops of a 3-ply mask where they join the edge of the mask

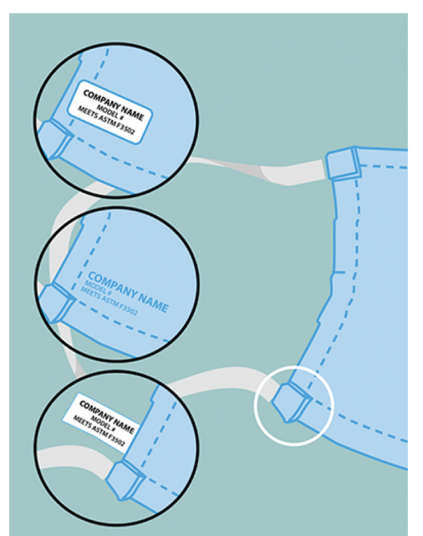


## N95 MASKS APPROVED BY THE NIOSH

What you should know about NIOSH-approved respirators:

- ✓ When used consistently and properly, they provide the highest level of protection against particles, including the virus that causes COVID-19.
- ✓ They Filter up to 95% of particles from the air if NIOSH-approved and a snug fit.
- ✓ They seal tightly to the face when fitted correctly.

Follow the manufacturer's instructions, without modifications, on how to wear, store, clean and properly dispose of the mask.



**FOR MORE INFORMATION**



Call Migrant Health Center for health resources, masks orientations and services including vaccination at **(787)805-2900**. For more information about COVID-19 visit <https://www.poderensalud.org>, or [www.CDC.gov](https://www.CDC.gov)

**CDC Acknowledgement Statement:** PODER en SALUD is a national project of PROCEED, Inc., that is 100% supported under BBHLCC To Respond To COVID-19 which is supported by the Centers for Disease Control and Prevention(CDC) of the U.S. Department of Health and Human Services (HHS) under CDC/HHS as part of a financial assistance award totaling \$2,300,000 with 100% funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CDC/HHS, or the U.S. Government.

