

Improve How Your Mask Protects You

According to the Centers for Disease Control (CDC) it is important that your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. If you have gaps, try the following method to improve the mask fit.



Knot and Tuck

1. Fold the mask in half horizontally from edge to edge.
2. Tie a knot in the ear loop. Make sure the knot is close to the edge of the mask. Repeat step with both ear loops.
3. Hold the mask to your face and form the nose piece to your nose.
4. Remove mask from face and tuck in the extra fabric located by the knot into the inside of the mask to eliminate gapping. Repeat step with both sides.
5. Place mask on face and ear loops over ears. Pull the bottom of the mask under your chin and form the nose piece to your nose.