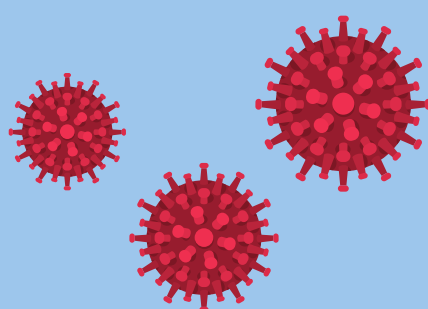


NOT EVERY MASK IS THE SAME



The CDC has issued enhanced mask guidelines due to rising cases of COVID-19 variants and their increased ability to transmit infections and evade vaccines



At only 0.3 microns in diameter, the coronavirus is nearly 10,000x smaller than the width of a strand of human hair

THE VIRUS CAN SPREAD RAPIDLY BY BOTH DROPLET AND AIRBORNE TRANSMISSION

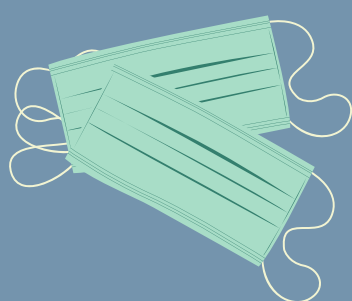
VACCINE'S ARE COMING BUT COULD TAKE TIME. WE KNOW THAT MASKS WORK. HERE ARE THE TWO MOST IMPORTANT THINGS TO CONSIDER WHEN CHOOSING YOUR MASK:



1. FIT

Minimize gaps around your nose, cheeks and chin. These are opportunities for viral particles to enter your respiratory system and your germs to escape and infect others. Ensure your mask has a nose wire and consider using a clip to secure the straps tightly behind your head. A mask brace such as the ones found at (www.fixthemask.com) can be worn over other masks and secure it in place.

2. FILTER



Given the microscopic size of the virus, the material used in mask construction is crucial. It must balance the ability to filter with breathability. Consider using commercially available filters such as "Filti" (www.filti.com) or a HEPA filter with a high MERV rating. Do not place filters in direct skin contact, rather in a filter pocket to avoid inhalation of fibers. If nothing else is available, place a blue surgical mask underneath a homemade cloth mask. Ensure any cloth mask used has a minimum of three layers of cotton.

REFERENCES

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

<https://time.com/5839573/coronavirus-images/>