

# How can I improve my mask fit and protection



In the fight against COVID-19, **wearing a mask correctly (over your mouth and nose) is very important** to protect yourself and those around you. There are several ways to make sure your mask fits and works well.

## Make Your Mask Fit and Work Better

- Use a mask that fits snugly over your nose, mouth, and chin without gaps
  - Choose a mask with a nose wire
  - Use a mask fitter or brace
- Add a layer of material
  - Use a cloth mask with two or more layers of washable, breathable fabric
  - Wear a disposable mask under a cloth mask
- Knot and tuck ear loops of a 3-ply mask

## Choose the Right Mask

- Do not use a mask made of non-breathable materials (plastic, leather, etc.) or mesh
- Do not combine two disposable masks
- Do not combine a KN95 with any other mask

## Good to Know

- Masks are not a substitute for physical distancing
- Masks protect the person wearing the mask as well as others
- Face shields, a scarf or cold weather headwear are not a substitute for a mask
- Masks with one-way valves or vents are not recommended
- After use, throw away disposable masks and launder cloth masks



Sign up for your **free** COVID-19 vaccine. Learn more at [Vaccinate.Virginia.gov](https://www.vaccinate.virginia.gov) or call **877-VAX-IN-VA**.



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