If you choose to wear a mask, CDC recommends you **wear the most protective mask you can that fits well and that you will wear consistently.**

### RECOMMENDED Face Masks

<table>
<thead>
<tr>
<th>Mask Type</th>
<th>Information on Recommended Face Masks</th>
</tr>
</thead>
</table>
| **Disposable Surgical Mask** | - Knot the ear loops where they attach to the mask’s edges and then tuck in and flatten the extra material close to the face  
- Contain droplets but do not make a tight seal on the face  
- Available in different thicknesses with different ability to protect; if worn alone, choose a higher quality mask such as an ASTM level 2 or 3  
- Intended for one-time use, must be disposed of after use |
| **N95 or KN95 Respirator Masks** | - Wearing an N95/KN95 may be considered in certain circumstances  
- N95 respirators, when required for certain occupations, need medical clearance and proper fitting |

### LESS EFFECTIVE Face Masks

<table>
<thead>
<tr>
<th>Mask Type</th>
<th>Information on Less Effective Face Masks</th>
</tr>
</thead>
</table>
| **Cloth Mask**             | - When worn alone (and not over a disposable surgical mask) cloth masks do not provide sufficient protection against more transmissible variants  
- Fit snugly but comfortably against the side of the face  
- Be secured with ties or ear loops  
- Include multiple layers of fabric (three is ideal, with an absorbent innermost layer made of cotton and a moisture-wicking outer layer made of polyester)  
- A white innermost layer is recommended to detect moisture easily (replace if moisture is identified)  
- Can be laundered and should be washed before reuse |

### NOT EFFECTIVE Face Masks

<table>
<thead>
<tr>
<th>Mask Type</th>
<th>Information on Not Effective Face Masks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Neck Gaiter, Bandana, Scarf, T-shirt or Towel</strong></td>
<td>- Limited ability to contain droplets</td>
</tr>
<tr>
<td><strong>Mask with Valve</strong></td>
<td>- Masks with valves should not be used as they can expel exhaled air into the environment, increasing the risk for others</td>
</tr>
</tbody>
</table>
| **Face Shield**            | - Not approved unless worn together with an approved face mask  
- Lack of evidence of efficacy in containing droplets |

### Individuals at High Risk

Everyone is at risk for getting COVID-19 if they are exposed to the virus; however, some people are more likely than others to become severely ill. For more information about conditions that increase risk for COVID-19, see the [CDC](https://www.cdc.gov).

UT community members at increased risk are encouraged to follow CDC recommendations including continue practicing preventive measures such as wearing a high-quality mask in order to decrease the risk of infection with the virus that causes COVID-19. See [CDC](https://www.cdc.gov).