FACE MASK FAQ

Why are face masks beneficial?

- COVID-19 is spread between people who are in close contact when an infected person coughs, sneezes, or talks.
- Some people without symptoms may be able to spread the virus.
- Face masks prevent germs from the nose and mouth from entering the air and infecting other people.
- Face masks also reduce wearers’ exposure to infectious droplets and protect them from infection.

Who should wear a face mask?

- Persons who are immunocompromised or high risk for severe disease should talk with their healthcare provider about whether you need to mask when COVID-19 Community Levels are Medium.
- Persons who have household or social contact with someone at high risk should consider wearing a mask when indoors with them during times when COVID-19 Community Levels are Medium.
- Everyone should wear a face mask when indoors in public when COVID-19 Community Levels are High.

What types of face masks may be used?

- To protect yourself and others, the CDC recommends wearing the most protective mask you can, that fits well and that you will wear consistently.
- A face mask should cover the nose and mouth.
- The face mask should fit snugly to the face and stay in place without requiring the user to hold it or adjust it frequently.
- A face mask should be made of two or more layers of breathable cloth fabric.
- Properly fitting N95s and/or KN95s provide the highest level of protection against the COVID-19 virus.
- Face shields do not fit snugly at the sides of the face and/or chin and are not to be used instead of face masks.

Does wearing a face mask cause a person to breathe in CO2 or have their oxygen level drop?

- No. Numerous professionals, including healthcare providers have worn masks for years with no adverse effects.
• Carbon dioxide is a very small particle and will pass through the mask. It does not build up to harmful levels.
• During strenuous exercise, masks may become uncomfortable and may be removed.