



Best Mask Practices to Support a Healthy Belmont



As cases continue to increase this winter, understanding the best practices for mask-wearing will help keep you, your loved ones, and your community safe. Here are three of the main factors to consider when choosing your masks:

Fit

Choose a mask that fits snugly, covering the nose, mouth, and chin. Bendable nose pieces can help with this.

All edges should touch your skin, you can test out different shapes and sizes to find the right fit for you.

Since medical masks do not fit everyone perfectly, you can layer a cloth mask over it to seal up any gaps and increase protection (double masking).

Filtration

Choose a mask that offers a high level of filtration.

High filtration medical-style masks have been found to effectively protect both the wearer and others around them.

There are many options to choose from, and this CDC page can help to select the best mask for you:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

Wearability

Choose a mask you can comfortably keep on throughout the day, when you're out in public, at work, on public transit, or in healthcare settings.

This CDC page can help identify the proper way to wear and care for your masks, so you can accurately determine which masks will best fit your wearability needs:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



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