

QUESTIONS ABOUT MASK WEARING

Why do the recommendations about mask wearing keep changing?!!!

The guidelines for wearing masks during COVID change based on new information and research and the prevalence of COVID infections. Unfortunately, we are currently in the middle of another COVID surge with the new Omicron variant. It has been well proven that wearing a mask is critical in preventing COVID infection for both the wearer and those people around them.

What is the best way to wear a mask?

Do wear a mask that



- Covers your nose and mouth and can be secured under your chin.
- A mask with a nose wire is preferable to prevent air from leaking out of the top
- Fits snugly against the sides of your face without any gaps.
- Find a mask that is comfortable.

How NOT to Wear a Mask



Who should wear a mask?

Anyone is older than 2 years. The exception would be someone with a disability who cannot safely wear a mask due to their disability. Prolonged mask wearing is not dangerous for adults or children older than 2 years.

Where should masks be worn?

New York State and the Department of Health **strongly recommends mask-wearing for fully vaccinated and unvaccinated people in all public indoor settings and crowded outdoor settings.** Many public indoor establishments are now all requiring patrons to wear a mask.

Which masks are the best?

KN95 or K95 masks are the most protective for COVID. If these masks are not available surgical masks are recommended. Cloth masks are not as effective against the Omicron variant. Gaiters are unacceptable.

