

# KDHE Mask Guidance

**KDHE recommends wearing a mask that fits snugly around the nose, mouth, and chin and has multiple layers of fabric. Alternatively, a thinner disposable mask may be worn underneath a cloth face mask to improve the fit.**

People over the age of 2 should wear masks in public. Masks should NOT be worn by children under age 2 or anyone who has trouble breathing. Masks should be worn in addition to staying 6 feet apart, especially when indoors and around people who don't live with you. Masks are required on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

When selecting a mask, there are many choices.  
Here are some do's and don'ts.

## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators

## How to wear a mask correctly and consistently:

- Wash your hands using soap and water for at least 20 seconds before putting on your mask. If soap and water are not available, use hand sanitizer with at least 60% alcohol.
- Do NOT touch the mask when wearing it. If you have to often touch/adjust your mask, it doesn't fit you properly and you may need to find a different mask or make adjustments.
- Put the mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- Make sure you can breathe easily.
- Do NOT put the mask around your neck or up on your forehead.

## Other considerations:

- To take off your mask, untie the strings behind your head or stretch the ear loops. Handle the mask only by the ear loops or ties. Fold the outside corners together. Place the mask in the washing machine if it is reusable. Throw away disposable masks. Wash hands immediately.
- Include your mask with your regular laundry. Use regular detergent and the warmest appropriate water setting for the cloth used to make the mask. Use the highest heat setting and leave in the dryer until completely dry.
- Change your mask if it becomes wet.
- Keep a spare mask with you to replace one that has become wet or soiled.
- Store any used or wet reusable masks in a plastic bag until you can put it in the laundry.
- Wear winter gear such as scarves or ski masks over your mask; not instead of a mask.

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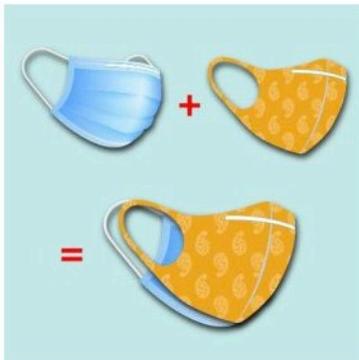
## Layering

Adding more layers of material to a mask is a good way to reduce the number of respiratory droplets containing the virus that come through the mask. One layering strategy is to use a cloth mask that has multiple layers of fabric. Another strategy is to wear two masks or a “double mask”. Wearing a “double mask” can:

- **Improve fit** by pressing the inner mask closer to the face, thereby reducing the amount of air that leaks around the edges of the mask
- **Improve filtration** by adding more layers of material to reduce the number of respiratory droplets that come through the mask

One way to layer is to wear a medical procedure mask underneath a cloth mask. However, there are some combinations that should not be used to “double mask”. These include:

- Do not combine two medical procedure masks. Medical procedure masks are not designed to fit tightly and wearing a second medical procedure mask on top of the first medical procedure mask does not help to improve the fit.
- Do not combine a KN95 mask with any other masks. You should only use one KN95 mask at a time, and you should not use any type of second mask on top of or underneath a KN95 mask.



## I've been vaccinated. Do I still need to wear a mask?

- To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).
- Wearing a mask is most important if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if someone in your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated. If this applies to you or your household, you might choose to wear a mask regardless of the level of transmission in your area.
- You should continue to wear a mask where required by laws, rules, regulations, or local guidance.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>