







Recommended Protective Face Mask Guidance (Revised 3/7/2024)

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		Information on Recommended Face Masks
Disposable Surgical Mask 		<ul style="list-style-type: none"> • 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 		<ul style="list-style-type: none"> • 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		Information on Less Effective Face Masks
Cloth Mask 		<ul style="list-style-type: none"> • 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		Information on Not Effective Face Masks
Neck Gaiter, Bandana, Scarf, T-shirt or Towel 		<ul style="list-style-type: none"> • Limited ability to contain droplets
Mask with Valve 		<ul style="list-style-type: none"> • Masks with valves should not be used as they can expel exhaled air into the environment, increasing the risk for others
Face Shield 		<ul style="list-style-type: none"> • 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](#).

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](#).