



PROTECT YOURSELF FROM COVID-19 IN THE WORKPLACE

Know Your Mask Rights

If you work around others indoors or in vehicles with others, your employer must offer you well-fitting medical masks and respirators. If you request N95 (NIOSH-certified) respirators, your employer must provide ones that are the right size as well as [basic instructions](#) on how to use them.

- ✓ Your employer must give you the masks and respirators for free.
- ✓ Your employer cannot discourage or retaliate against you for wearing a face mask.

Know which Masks Provide the Best Protection Against COVID-19

Protect More



Respirators: N95, KN95, and KF94

Even more effective if fit-tested



Double mask

(Medical mask + cloth mask)



Medical mask – fitted:

- With a brace
- With the knot & tuck technique



High filtration cloth masks & Medical mask – not fitted

Protect Less

No matter what kind of mask you wear, check the fit and eliminate gaps above the nose or on the sides. Gaps significantly reduce the effectiveness of any mask.



- Medical masks and respirators that become wet or dirty should be thrown away. Replace it with a clean, dry one.
- If you use respirators, check the manufacturer’s instructions to learn how long they can be worn before they should be thrown away.
- Medical masks should be thrown away after they are worn once.

Respirators

- N95 and KN95 respirators are designed to filter at least 95% of airborne particles (KF94s filter 94%). But they may be less comfortable because they filter better and fit more tightly.
- They may not fit as well if you have facial hair.
- To work well, respirators need to make a tight seal on your face. See [NIOSH instructions](#) for how to put on, take off, and check the seal of a respirator.
- Check the seal each time you put one on.
- If you have breathing difficulties, check with your doctor before wearing a respirator.
- Do not wear a respirator with another mask.
- If choosing a KN95 respirator, use one that has been tested by [NPPTL](#) or offers filtration efficiency of 95% or higher.
- Beware of [counterfeit \(fake\) respirators](#) as they may not be able to provide the promised protection.

Medical/Surgical Masks

- Masks with an adjustable nose bridge that are made of at least three layers of non-woven material (melt-blown fabric and/or polypropylene) will provide increased protection and meet the [requirements](#) for a “medical mask.” These masks are often sold as disposable, protective, medical, or surgical masks.
- Medical masks should be resistant to fluids. Test your mask with a drop of water on the front. The water should not soak into the mask. It should form beads of water on the surface.
- These masks are loose fitting and need to be adjusted to secure a tight fit.
- The fit can be [improved](#) by knotting the ear loops close to the edge of the mask and tucking the excess material. You can also use a mask brace to reduce air leakage from the edges of the mask.
- **Double masking** is wearing a medical mask UNDER a tight-fitting cloth mask to greatly increase filtration and reduce leakage. Double masking provides much more protection than a medical mask alone.