

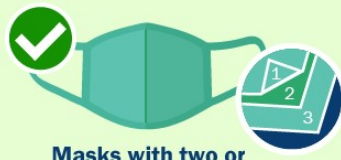
# Mask up, Mask right

A face mask is defined as a tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose. Here are some guidelines to help you choose the most effective face mask.

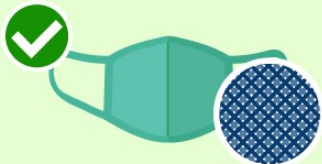
## Recommended



**Masks that fit properly** (snugly around the nose and chin with no large gaps around the sides of the face)



**Masks with two or three layers**



**Masks made with tightly woven fabric** (i.e., fabrics that do not let light pass through when held up to a light source)



**Masks with inner filter pockets**



**Non-medical disposable masks**



**Masks made with breathable fabric** (such as cotton)

## Not Recommended



**Masks that do not fit properly** (large gaps, too loose or too tight)



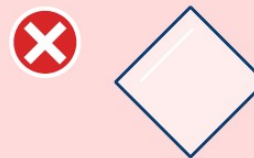
**Masks with one layer**



**Masks made from loosely woven fabric or that are knitted** (i.e., fabrics that let light pass through)



**Masks with exhalation valves or vents**



**Masks made from materials that are hard to breathe through** (such as plastic or leather)



**Wearing a scarf/ski mask as a mask**

## Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local MDHHS offices and Community Action Agencies. Find a distribution site or call the COVID-19 hotline at 1-888-535-6136.