

Our knowledge on masks is growing.

New evidence shows **non-medical masks** can both protect the wearer **AND** people nearby.



- Until now, there was only evidence to show masks protected others by soaking up the respiratory droplets of someone with COVID-19.
- New research shows masks can also protect the wearer: not only from **infection**, but **also serious illness**.
- Scientists believe there is a link between the amount of virus you are exposed to and the severity of your illness.

- 7 -

Our knowledge on masks is growing.

Research on non-medical masks in homes, communities and planes shows **8 out of 10 infections (80%)** can be stopped when everyone wears a non-medical mask.

- ✓ Not all non-medical masks protect the same.
- ✓ Tests show that **multi-layer cotton masks with a filter** and **non-medical disposable masks** work the best.
- ✓ Any mask with a layer of “melt-blown” filter, often polypropylene, is ideal. You should see that on the box or on the filter packaging somewhere.
- ✓ Gaiters (stretchy neckwarmers), bandannas, polyester fabric, single-layer and vented masks are least effective.
- ✓ Upgrade older masks with more effective ones as they wear out.

- 8 -