



May 14, 2020

Surry County Media Campaign Day 4: Masking

What do masks do?

Masks can limit the spread of a disease from an infected person, depending on the type of mask used. In the case of COVID-19, transmission of the virus is thought to occur primarily through person-to-person interaction via respiratory droplets. Droplets are generated when a person with COVID-19 exhales, coughs, or sneezes, and can be transmitted when others encounter or breathe in these droplets.

What kinds of masks are available?

When you hear about face masks for COVID-19 prevention, it is typically one of these types:

- Respirators, like N95 masks, are disposable, tight-fitting masks that create a seal on the face and include a specialized filter that captures at least 95% of the airborne particles that pass through it.
- Surgical masks are loose fitting, disposable masks.
- Cloth and do-it-yourself masks are face coverings fashioned from household items or made at home from common materials at low cost.

N95 Respirators:

An N95 respirator is a disposable, tight-fitting face mask that, in addition to splashes, sprays, and large droplets, can also filter out roughly 95 percent of very small particles, including viruses and bacteria.

The respirator itself is designed to form a tight seal to your face. N95 respirators come in various sizes and must be fit-tested to ensure that a proper seal is formed around the face.

The Centers for Disease Control and Prevention (CDC) does not recommend the use of N95 respirators outside of a healthcare setting due to the fit-testing requirements and the need to preserve supply for critical situations.

Surgical Masks:

Also called a medical mask, a surgical mask is a loose-fitting disposable mask that protects the wearer's nose and mouth from contact with droplets, splashes, and sprays that may contain germs. A surgical mask also filters out larger particles in the air but cannot filter out smaller particles like the COVID-19 virus. Surgical masks may protect others by reducing exposure to the saliva and respiratory secretions of the person wearing the mask. Surgical masks are primarily used in the healthcare setting and should only be worn outside of a healthcare facility by those who are currently ill with COVID-19 or are caring for someone with COVID-19.

Cloth Face Coverings:

The CDC currently recommends that everyone wear cloth face coverings/masks while in a public or community setting. Cloth face coverings should be used instead of surgical masks or N95s, as these critical supplies need to be reserved for healthcare workers and medical first responders.

Cloth face coverings can be made at home from common materials, and when worn properly should cover the mouth and nose. Wearing a cloth face covering may decrease the risk of people without symptoms spreading the virus through talking, exhaling, coughing, or sneezing. Cloth face coverings are an important protection, but they do not replace the need to exercise proper hand hygiene or social distancing measures.

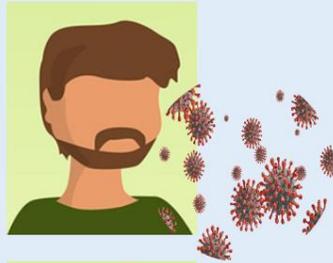
Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape
- Be laundered routinely based on the frequency of use
- Cloth face coverings should NOT be worn by children under the age of 2 or by those who have trouble breathing when wearing.

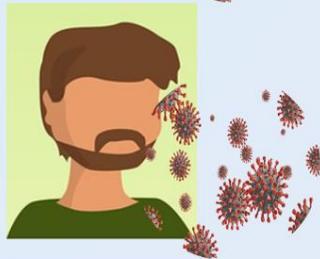
To stay up-to-date on COVID-19 in North Carolina and to learn more, visit ncdhhs.gov/coronavirus or text COVIDNC to 898211. Call 2-1-1 (or 888-892-1162) for general questions or for help finding human services resources in your community.

Masking Matters

Wearing a mask or a cloth face covering when you may encounter another individual can greatly reduce your chances of becoming infected with COVID-19 and spreading it to others.



Very High



High



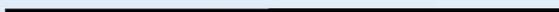
Medium



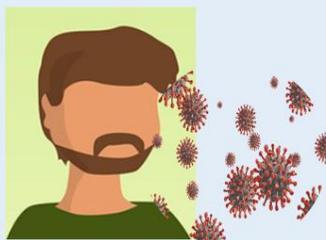
Low



6 feet or more



Very Low



None