Masking for general public in health care settings

Per the California Department of Public Health, masks are required for the general public in health care buildings. To help protect yourself and others from COVID-19, follow the guidelines below on the types of recommended masks and how to wear them. Together, we can work to keep our communities healthy and strong.

Protects less

- Medical / surgical mask (Not fitted)
  - Masks with adjustable nose bridge + 3 layers of non-woven material

- Medical / surgical mask (Fitted)
  - Best worn with a brace "knot and tuck" technique

Protects more

- Double mask
  - Medical/surgical mask + cloth mask

- Respirators: N95, KN95, and KF94
  - They are even more protective if they are fit-tested

Medical/Surgical Masks – What to Know:
Medical masks are often sold as disposable, protective, medical, or surgical masks.
These masks are loose fitting and need be adjusted to secure a tight fit.

Double masking is strongly recommended. This is wearing a medical mask UNDER a tight-fitting cloth mask to greatly increase filtration and reduce leakage.

Make your mask fit better by knotting the ear loops at the edge of the mask and tucking the extra material. You can also use a mask brace to reduce air leakage from the edges of the mask.

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.

Respirators – What to Know:
N95 and KN95 are designed to filter at least 95% of airborne particles. They are tight fitting.
Respirators need to make a tight seal on your face, without gaps.
Check the seal each time you put one on.
Do not wear a respirator with another mask.

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