

SOURCES & RESOURCES

thanks for reading!

SCAN ME
FOR
SOURCES
+
RESOURCES



+
A FREE
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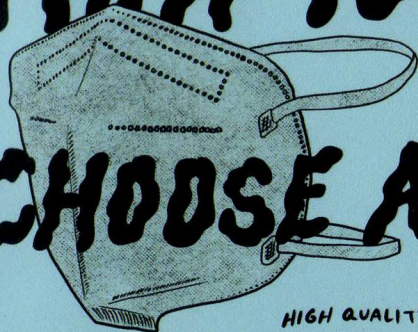
Pls share widely!



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HOW TO



CHOOSE A

HIGH QUALITY

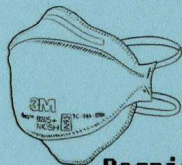
MASK

DID YOU KNOW?

Covid 19 is airborne! It spreads through tiny particles that hang in the air like smoke.¹

Particles can stay in the air for a long time, & you can breathe them in even after an infected person has left the area.² Asymptomatic spread is totally a thing!

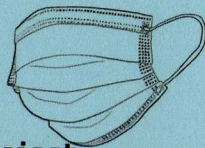
Well-fitting, high quality masks (AKA respirators) are one of the best ways to protect against airborne particles. We can also increase air flow (ventilation) to disperse Covid, & use air filtration to capture & trap Covid particles.³



DOPE!

Respirators filter out particles by physically blocking them, but also by trapping them with an electrostatic charge. (This is why you should try not to touch the outside of your mask).³

NOPE!



Cloth & surgical masks protect against droplets. This makes them significantly less effective than respirators, which protect against particles.³

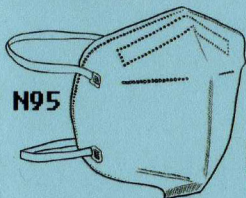
RESPIRATORS

N95 ← Best protection
KN95 ← Great protection
KF94 ← Great protection

Experiment with masks til you find one that is comfy & fits snugly with no gaps.³ Your local mask bloc can hook you up with masks to try for free!⁴

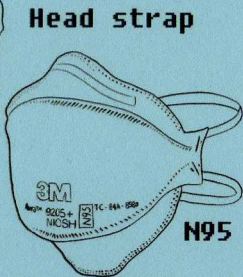
A respirator is generally good for 40 hrs of wear, unless wet or worn out.⁵ It's recommended to use a different one for each day of week.

MASK STYLES



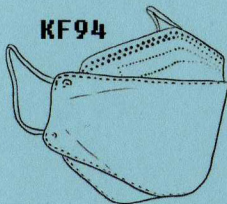
N95

Bifold

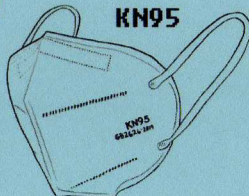


N95

Trifold



KF94



KN95

Ear loop

BRANDS!

N95s

3M Aura

3M U-Flex

BNX

Gerson

KN95s

Powecom

Wellbefore

BreatheTeq

Kingfa

Beware of counterfits!
Choose reputable brands
like the ones above.

Look for NIOSH
certification on N95s, &
the GB2626-2019 code on
KN95s before buying.

Projectn95.org is a good
jumping off point!

I'm vaccinated + boosted, why
should I still bother to mask?

Masking protects you & any
vulnerable people you interact
with! We're still learning
about the longterm effects of
Covid, but we do know the risk
of Long Covid increases with
each infection, & symptoms can
be debilitating. There is no
cure.

If you won't mask all the time,
try at least masking in public
places where people have to be
(doctors office, grocery
store, pharmacy, airport &
plane, public transit, etc).

Vaccines are great but they
don't stop the spread!⁶