

MASK

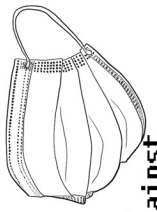


WHY DID

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

NOPE!



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



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

!ADDD DOPE!

SOURCES & RESOURCES

Thanks for reading!

SCAN ME FOR SOURCES + RESOURCES

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BRANDS!

N95	KN95
3M Aura	Powecom
3m U-Flex	Wellbefore
BNX	Breatheteq
Gerson	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!

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.

If you won't mask all the time, try at least masking in public places where people have to be (doctor's office, grocery store, pharmacy, airport & plane, public transit, etc).
Vaccines are great but they don't stop the spread!⁶

SIZES & STYLE

