Why and how masks work.

Many scientific studies prove that masks help protect both the wearer and those around them.

1. Masks are ideal for low-risk situations. They reduce the amount of aerosol particles or droplets that a wearer may spread from coughing, sneezing, singing, and talking.

2. Masks also reduce the risk of airborne particles in the air around the wearer.

3. The adjustable ear straps can make it easier to fit snugly on our cheeks.

4. You also want to be sure that your mask covers both your mouth and nose – as these are the two primary ways that you can spread or catch the disease.

5. Extending it down below your chin can also help keep it in place.

6. Look for masks with multiple layers of tight knit fabrics and avoid those with exhalation vents to help ensure that you and others have additional barriers against the stream that is COVID-19.