



Mask Guidance for Students



The best masks are those that fit, have good filtration and are worn consistently

Focus on comfort, fit, and filtration

Masks should:

- Completely cover the nose and mouth
- Fit snugly against the sides of the face and not have any gaps
 - *Questions to ask: Do I feel air blowing in my eyes through the gaps at the nose? Do I feel air escaping by my cheeks?*
- Be handled only by the ear loops, cords, or head straps (not by the surface of the mask)
- Be worn all day at school
- Have a metal nose wire that can be squeezed to fit the bridge of the nose
- Offer good filtration (see below for recommended masks)

Skip the neck gaiters and cloth masks

Neck gaiters are porous and don't protect well against Covid-19. Same for scarves, bandanas, and cloth masks.

What to look for in a new mask

Quality masks: Public health officials are now recommending upgrading from fabric masks. Upgraded masks include double masking (surgical mask + cloth mask), fitted medical masks (surgical masks) and respirator masks (N95s, KN95s or KF94s).

Most Effective	More Effective	Effective	Least Effective
<ul style="list-style-type: none"> • N95 (also best for wildfire smoke) 	<ul style="list-style-type: none"> • KF94 • KN95 • Double Mask • Fitted Surgical Mask 	<ul style="list-style-type: none"> • Surgical Mask 	<ul style="list-style-type: none"> • Fabric mask with three or more cloth layers

Disposable mask tips: Check the labels to ensure that they are made of multi-layered, non-woven material. They should not gap on the face. To help avoid gapping, knot the ear loops of the mask where they join the edge of the mask, then fold and tuck the unneeded material under the edges. → → →

Double-masking

Children can also double-mask, by wearing a surgical mask closest to their face, with a snug-fitting cloth mask on top to eliminate any gaps.

Pack a spare for school

Put an extra in your child's backpack, just in case.

Parents should take these factors into account, research, and choose the mask that works best for their children

Sources: NPR, CDC, CDPH Updated 1/11/2022

