Tightly-fitted surgical masks block and contain respiratory secretions from the wearer from being spread.

**How to Use**

- Fit mask snugly over mouth, nose, and chin with color side facing outward (see Techniques for a Snug Fit inset).
- Press the thin metal wire (along the upper edge of the mask) gently against the bridge of the nose.
- To dispose, please remove by the straps, do not touch the surface of the mask.

**Extended Use**

- It can be used for an entire day, unless soiled or damaged.
- If you need to remove the mask, carefully fold the outer surface inward against itself to reduce contact with other surfaces during storage. The folded mask can be stored between uses in a clean sealable paper bag or breathable container.

**Improved Mask Protection**

Wearing a tight-fitting cloth face covering over your surgical mask as recommended by the CDC reduces viral transmission/exposure.

**Techniques for a Snug Fit**

- Use a mask fitter or brace.
- Knot ear loops (see arrow above) and tuck in the sides of a 3-ply surgical mask.
- Ensure thin metal wire conforms to bridge of nose.
- Cup your hands around outside edges of mask to check for gaps.

Wear fitted mask in combination with fitted cloth face covering to improve filtering efficiency and maximize protection.

Remember to practice hand hygiene after touching or adjusting your mask and face covering. Wash hands with soap and water or use an alcohol-based sanitizer.

**Resources**

CA DPH - [CA DPH Guidance for Use of Face Coverings](#)
EH&S - [COVID-19 Improved Mask Protection](#)
EH&S - [COVID-19 Cloth Face Covering Quick Guide](#)
CDC - [Improve How Your Mask Protects You](#)
CDC - [Maximizing Fit for Cloth and Medical...Masks](#)