



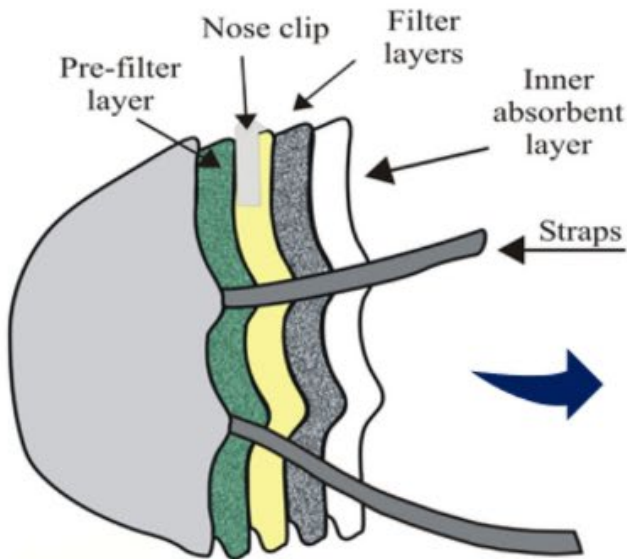
WHAT MASK IS BEST FOR ME?

- PM10
- PM2.5
- bacteria
- viruses (both large droplets and tiny aerosols)
- pollen
- mold spores
- household dust



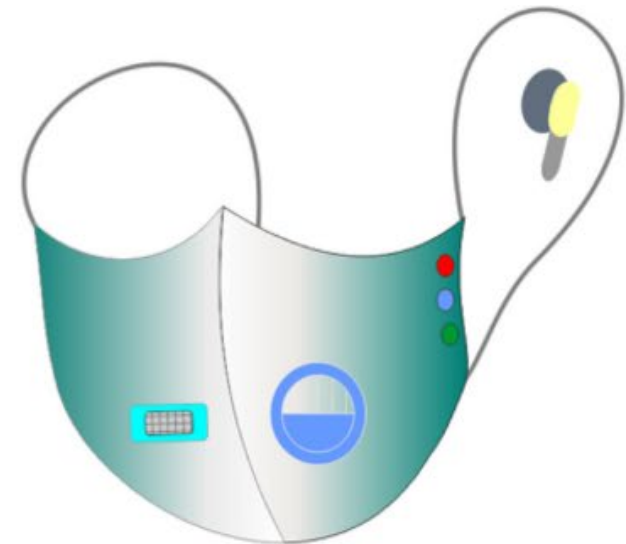
Surgical mask

- Moderate level of protection,
- Single time application,
- Causes high environment pollution



N95 mask

- High level of protection.
- Effective against virus.
- Extended application possible.



Smart mask

- Highly effective against virus,
- Automatic decontamination and reuse possible,
- causes minimal environmental damage



MASK TIPS

- Pick your standard. N95 (North American), equivalent K94/95 (Chinese) and FFP2 (Europe) are considered best at all around filtration of all airborne irritants.

For disposable, ensure it has a filter that moves inward when breathing in.

For plastic or heavy fabric, you should be able to prevent airflow by covering the filter with the palm of your hand when you take a breath.

- Ensure comfort and proper fit. It should fit snugly around your face without gaps. Ensure your mask has a good seal, an effective mask has good seal that suctions the mask to your face.
- Look for nose bridge wires or tabs that can be adjusted for better fit. If ear loops don't work for you or you use a cannula for oxygen, use ties for a better fit.
- Breathability is important! Especially in hot, humid conditions- and/or if you will be in poor conditions over an extended period, like outdoor workers. Choose a mask that won't impede breathing. If you experience mask related breathlessness or anxiety, wear your mask indoors for a bit to get used to it and check your fit.

While a mask is ideal, a scarf or garter, etc. is better than no protection at all. They are much less effective.