



A US CDC study concludes that double-masking (with a cloth mask on top of a medical-grade mask) can substantially reduce the wearer's exposure to COVID-19

## The studies they performed examined two ways of enhancing mask use:



 Knotting the ear loops of the surgical mask and tucking in and flattening the material close to the face



2. Double-masking



Tie the ear loops close to the edges of the mask and tuck in the side pleats to minimizes gaps





Wearing two masks could make it more difficult to breathe, but double-masking (with a surgical and a cloth) is generally well-tolerated and doesn't reduce oxygen supply





An unknotted surgical mask blocks

56.1%

A cloth mask blocks

51.4%



A knot & tucked surgical mask blocks

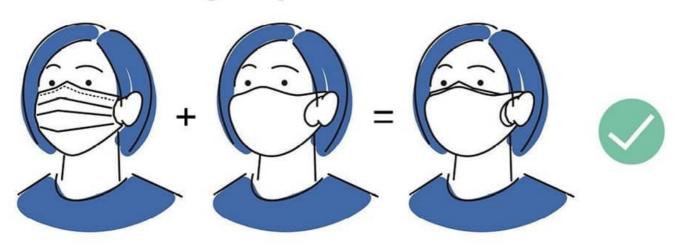
**77**%



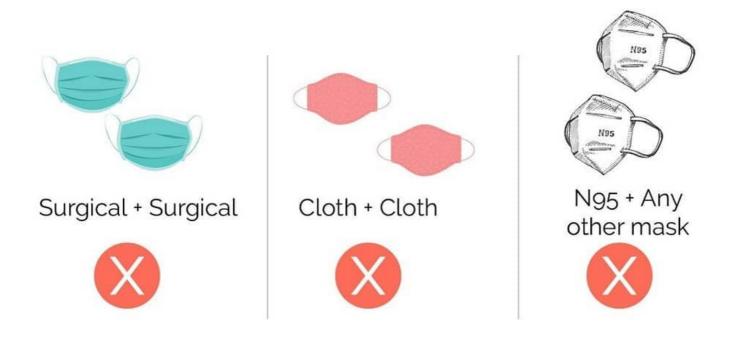
Double masking blocks

85.4%

## **How To Pairing It Up**



Always pair a surgical and a cloth mask for double masking





An N95 is the gold standard and it can seal the face and filter 95% of particles. So, no doubling up required