Mask Wearing & COVID-19

Masking is still an important tool for preventing the spread of COVID-19. Consider your own risk factors to determine when and where to wear a mask.

Here are 3 reasons you might wear a mask:

- **Protect yourself.** The most protective masks against viruses like COVID-19 are N95, KN95, and KF94 masks. Masks protect you if you have an underlying health condition, are 50 or older, or have a compromised immune system.

- **Protect others.** Masks are still important for protecting vulnerable people in high-risk settings. Also, wear a mask if you are sick.

- **Follow local requirements.** Be sure to follow any local masking rules in effect. Your local community facility or health center may require it.

Learn more:

- [Get the Most Out of Masking](#)