**Optimizing Mask Fit and Filtration**

**INTENDED AUDIENCE**: All caregivers

**What is the change?**

The CDC has recently released studies that emphasize the importance of ensuring proper fit, and in turn filtration, of masks to prevent transmission and exposure to Covid-19. In lab tests exposure to potentially infectious aerosols decrease by about 95% with a tightly fitting mask.1

**Important information for clinicians:**

**Recommended actions** to improve mask fit and filtration:

1. **Knotting and Tucking**: Knot the ear loops of a 3-ply face mask where they join the edge of the mask, then fold and tuck the unneeded material under the edges.
2. **Nose Wires:** Use masks that have a nose wire (a metal strip along the top of the mask) to help prevent air leakage at the top of the mask. To get a good fit, make sure to bend the nose wire over your nose to conform to your face. Nose wires can also help to prevent fogging of eyeglasses.

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| **A**. |  |  **B.** |
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**Additional references and resource links:**

1. [Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021 | MMWR (cdc.gov)](https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm?s_cid=mm7007e1_w)

**DISTRIBUTION / COMMUNICATION** **PATHWAY:** Nursing Education and Adoption Team (NEAT) and Nursing communication distribution pathways.