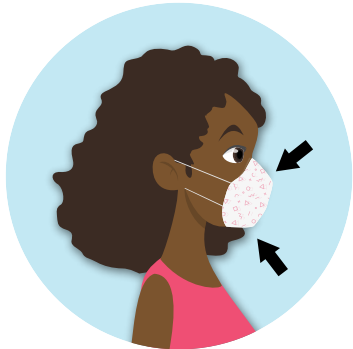


# COVID-19 mask use: How to make your mask fit properly

When layered with other recommended public health measures, a well-constructed, well-fitting and properly worn mask can help prevent you and others from being exposed to COVID-19. No matter which type of mask you are using, proper fit is a key factor in its effectiveness.

## How to make your mask fit properly



Make sure your mask completely covers your nose, mouth and chin.



Check for gaps between your face and your mask.

- Check the top, sides and bottom of your mask.



Improve mask fit so it's snug and has no gaps.

- Adjust the ties, bands or ear loops.



- Check the edges of your mask for air leaks and adjust if necessary.



- Adjust the nosepiece.

## Other ways to improve mask fit include:



Tie knots in the ear loops.



Tuck in the sides of the mask so that it lies flat against your face.



Use a mask fitter or brace to help provide a snug fit.



Layer a well-fitting non-medical cloth mask over a disposable mask to help push the edges of the disposable mask closer to your face.

- Make sure that you can still breathe easily when wearing 2 masks.



Consider keeping facial hair shaved or short if possible, as this allows the masks to fit more closely to your face.

## General principles for mask fit

A well-fitting mask should:

- be large enough to completely and comfortably cover the nose, mouth and chin without gaps
- not allow air to escape from edges
- fit securely to the head with ties, bands or ear loops
- be comfortable and not require frequent adjustments
- maintain its shape after washing and drying (for reusable non-medical masks only)

## Choosing a mask that fits properly

When choosing a mask, the fit is important. Keep in mind:

- the fit of the mask can vary depending on the size and features of your face
- masks with a flexible nosepiece may provide a better fit over the nose
- masks with ties or bands that go around the back of the head may provide a better fit
- if choosing an ear loop-style mask, use one with adjustable ear loops, or use the tips below to improve mask fit
- respirators are designed to fit snugly on the face, which may allow for a better fit than a medical mask
- a respirator worn in the community doesn't need to be formally fit tested

This advice is intended for the general public and is **not** intended for occupational health purposes, including health care settings. For more information, visit [Canada.ca/coronavirus](https://Canada.ca/coronavirus).



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