

1mg Quick Pick:

COVID-19: How to double mask correctly?



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Need of the hour:

Double masking

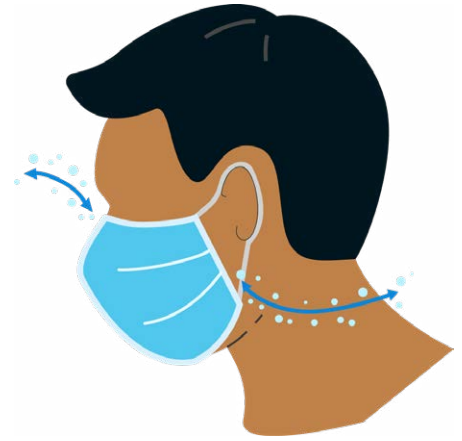
A recent CDC study has validated that **double masking or wearing a surgical mask below a cloth mask reduces the risk of transmission by at least 95%***.

**Let's know why and how to
double mask rightly.**

Disclaimer

This information is for informational purpose only, and should not be considered as substitute to professional medical advice.

Why to double mask?



1.

Improves the fit:

Doubling your mask can seal the side gaps and stop the infected droplets from leaking through the mask edges.

2.

Maximizes protection:

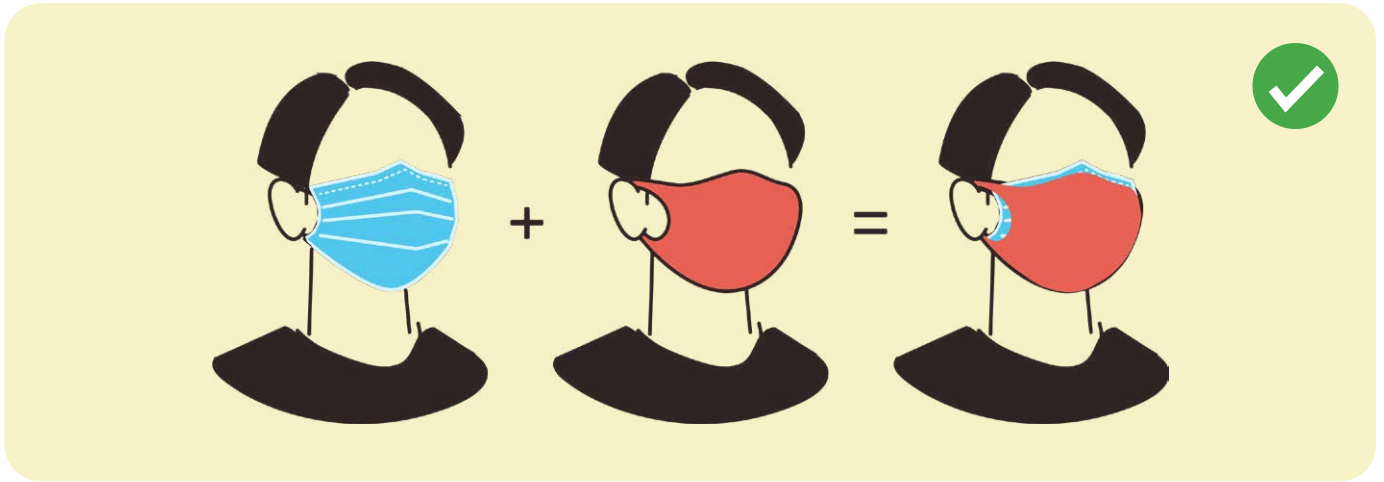
Reduce the chance of infected droplets entering and escaping through the mask layers.

Don't use masks having exhalation valves/vents or made of thin, loosely woven cloth.

[Find a COVID-appropriate mask here](#)

How to double up your mask?

Always pair a surgical mask underneath a cloth mask for double masking.



Surgical mask over surgical mask



Not effective; fit is compromised



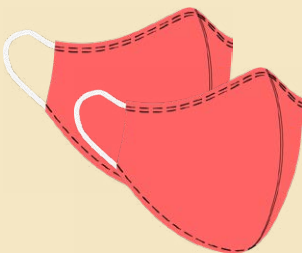
Surgical mask over cloth mask



Not tested



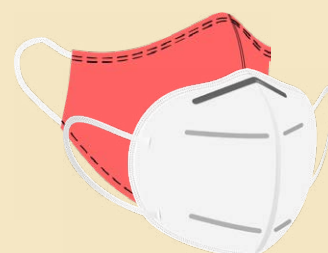
Cloth mask over Cloth mask



Not tested



N95 mask over Any mask



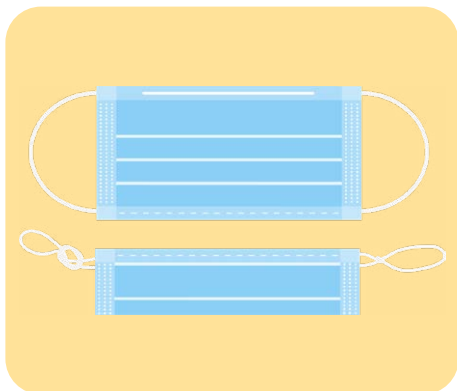
Not needed and advised



The study assessed two ways of enhancing mask usage for better protection:

1. Knot-and-tuck the medical mask
2. Double masking

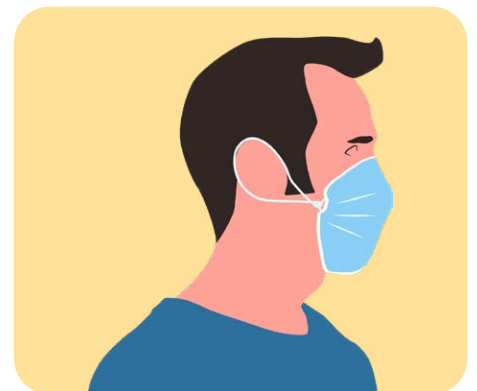
How to Knot-and-Tuck?



Fold the mask and knot the ear loops on both ends close to the edges of the mask.



Tuck in the extra side pleats near the knot to reduce gaps.



Wear this to cover your nose, mouth, and chin well.

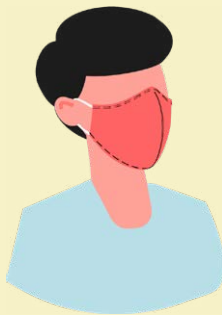
[Watch video for quick demo](#)

What do the numbers say?

The study calculated that out of the particles produced from a simulated cough:



Unknotted 3-ply medical procedure mask alone blocked **56.1%***



3-ply cloth mask alone blocked **51.4%***

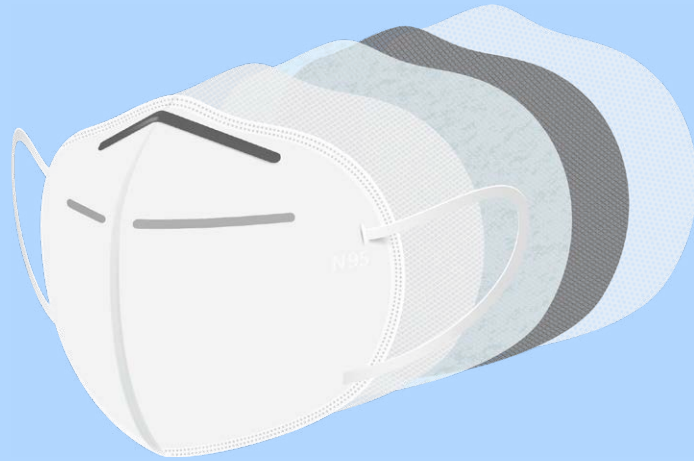


Double masking (wearing a 3-ply medical mask below 3-ply cloth mask) blocked **85.4%***



Knotted and tucked medical procedure mask blocked **77.0%***





N-95 masks do not need doubling up as they provide a fitter seal and filter **95%** of the particles.

Point to note

The exposure to the virus reduces by 96.4% if both infected and uninfected persons wear double masks and by 95.9% if both wear knotted and tucked masks.

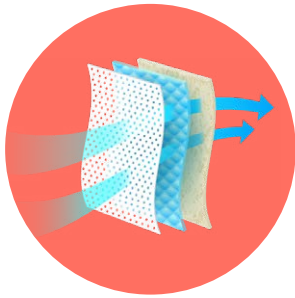
Unlikely to affect breathing

Breathing may seem difficult with two masks, yet 'cloth over surgical' is easily manageable and doesn't even reduce oxygen supply too**.

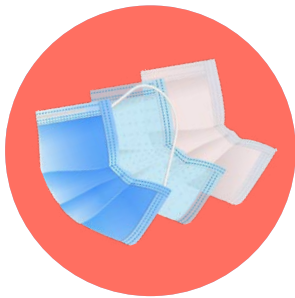
If you still have any doubts, do speak to an expert.

Consult an expert

Choose the right cloth mask



Breathable fabric,
preferably cotton.



Two or more layers.



Nose wire or clip
on the top.

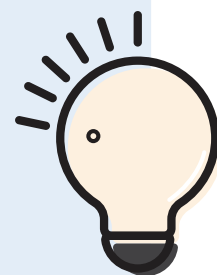
Ensure that your cloth mask pushes the edges of the surgical mask to your face, giving you a perfect fit.

**Like to make your own mask? Explore the
DIY guide**

[Check out here](#)

Word of Advice

Before double masking outside, take a home test. Wear the double mask and walk around for several minutes. If you can breathe easily and your vision is not hampered, you're good to go.



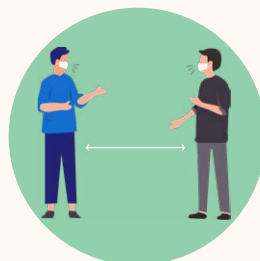
Along with masking up, make sure to



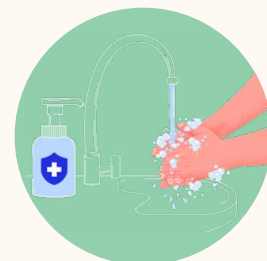
Get vaccinated



Stay indoors



Maintain physical distancing



Wash hands often

[Explore coronavirus prevention range.](#)

Source:

* <https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm>

** <https://wexnermedical.osu.edu/blog/should-we-be-double-masking-now>

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