



PROTECT YOURSELF AND YOUR CUSTOMERS FROM OMICRON

Upgrade Your Mask!

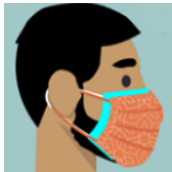
The Omicron variant is very contagious! Starting January 17th, all employers must provide medical grade masks to employees who work indoors and in close contact to other workers and/or customers. This is to provide additional protection from COVID-19 infection. As with all employer safety requirements, the cost of a mask must not be passed on to employees.

Know which Masks Provide the Best Protection Against COVID-19

Protect More



Respirators:
N95, KN95, and FP94
They are even more effective if they are fit tested.



Double mask
(Medical/surgical mask + cloth mask)



Medical/surgical mask – fitted with:

- a brace
- knot & tuck technique



Medical/surgical mask – not fitted



Cloth mask
Cloth masks are no longer acceptable for employees working indoors but can be worn as a double mask.

Protect Less

No matter what kind of mask you wear, check the fit and eliminate gaps above the nose or on the sides. Gaps significantly reduce the effectiveness of any mask.

Disposable Respirators

- N95 and KN95 respirators are designed to filter at least 95% of airborne particles (FP94s are designed to filter 94%). But they may be less comfortable because they filter better and fit more tightly.
- They may not fit as well if you have facial hair
- To work well, respirators need to make a tight seal on your face. See [NIOSH instructions](#) for how to put on, take off, and check the seal of a respirator.
- Check the seal each time you put one on.
- If you have breathing difficulties check with your doctor before wearing a respirator.
- Do not wear a respirator with another mask
- If choosing a KN95 respirator, use one that has been tested by [NPPTL](#) or offers filtration efficiency of 95% or higher.
- Beware of [counterfeit \(fake\) respirators](#) as they may not be able to provide the promised protection.

Medical/Surgical Masks

- Medical grade face coverings (including surgical masks) are also called medical procedure, dental masks, or disposable masks. Some surgical masks intended for medical use are regulated by the FDA.
- Use masks with a nose wire and at least three layers of non-woven material (melt-blown fabric and/or polypropylene).
- Medical masks should be resistant to fluids. Test your mask with a drop of water on the front. The water should not soak into the mask. It should form beads of water on the surface.
- Double masking with a medical mask UNDER a tight-fitting cloth mask will greatly increase filtration and reduce leakage.
- The fit can be [improved simply](#) by knotting the ear loops close to the edge of the mask and tucking the excess material. You can also use a mask brace, to reduce air leakage from the edges of the mask.

Cloth Masks

- If you use a cloth mask, make sure it has a third layer of non-woven fabric – such as filter insert or polypropylene.



These respirators and medical/surgical masks are designed for one-time use. They should be thrown away once they become wet or dirty OR after a day of use, whichever comes first.