# Face Coverings, Masks and Respirators

## FACE COVERINGS

### Examples

<table>
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<th>Examples</th>
<th>Source: Public Health — Seattle &amp; King County</th>
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### Other Names
- Cloth face covering, bandana, scarf

### Purpose
- **Protects others** by containing the wearer’s respiratory emissions.
- **Protects the wearer** by capturing respiratory droplets breathed out by others.

### Fit
- The mask should completely cover the mouth and nose, fit snugly against the sides of the face without gaps, and have a nose wire to prevent air from leaking out of the top of the mask. Does not seal around mouth and nose.

### Care
- Can be reused; it should be washed daily and if it becomes dirty or wet. Additional care instructions are located on the [CDC](https://www.cdc.gov) website. Put on and take off with clean hands. Keep it in a dry, breathable bag to keep it clean between uses.

### Requirements
- Face coverings are required to be worn indoors where other people are present, in indoor common and public areas, and outdoors when keeping a 6-foot distance from other people may not be possible.

## MEDICAL/PROCEDURE MASKS

### Purpose
- **Protects the wearer** against respiratory droplets, splashes or splatter from bodily fluids.
- **Protects others** by containing the wearer's respiratory emissions.

### Fit
- The mask should fit firm across the face, over the nose and under the chin. Does not seal around mouth and nose.

### Care
- Discard after each use, when contaminated in the workplace, if it becomes wet, or per unit-specific procedures. Put on and take off with clean hands or clean gloves.

### Requirements
- Wear when maintaining a 6-foot distance at all times is not possible and a [risk assessment](https://www.cdc.gov) indicates it is required. Use when there may be exposure to splash/splatter from bodily fluids.

## RESPIRATORS

### Purpose
- **Protects the wearer** from inhaling particles and respiratory droplets; also protects from splashes or sprays of bodily fluids.
- **Respirators without exhalation valves protect others** by containing the wearer's respiratory emissions.

### Fit
- The mask should fit firm across the face, over the nose and under the chin. Can seal around mouth and nose. **Fit testing** is required if activity requires a respirator.

### Care
- Discard after exposure to bodily fluids, or if it becomes wet, deformed or damaged. Put on and take off with clean hands or clean gloves.

### Requirements
- Wear when maintaining a 6-foot distance is not possible and/or when required for a work activity based on a [hazard assessment](https://www.cdc.gov); users must be medically cleared, trained and fit tested. Can be used voluntarily without fit test, but should be reserved for healthcare workers. If it has an exhalation valve, cover it with a mask or face covering that does not interfere with fit.

Refer to the [Guidance on Facemask Use for Preventing the Spread of COVID-19](https://www.cdc.gov) and the [Respiratory Protection](https://www.ehs.washington.edu) page for more information.

Follow instructions in the [Facemasks Focus Sheet](https://www.ehs.washington.edu) to safely wear and care for face coverings and facemasks.