Mask up, Mask right

**Recommended**

- Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)
- Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)
- Non-medical disposable masks
- Masks with two or three layers
- Masks with inner filter pockets
- Masks made with breathable fabric (such as cotton)

**Not Recommended**

- Masks that do not fit properly (large gaps, too loose or too tight)
- Masks made from loosely woven fabric or that are knitted (i.e., fabrics that let light pass through)
- Masks made from materials that are hard to breathe through (such as plastic or leather)
- Wearing a scarf/ski mask as a mask
- Masks with one layer
- Masks with exhalation valves or vents

**Need help getting a mask?**

Residents can pick up a free mask from partner sites across the state, including most local MDHHS offices and Community Action Agencies. Find a distribution site or call the COVID-19 hotline at 1-888-535-6136.