Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks

Other effective options to improve fit include:

Cloth mask over medical procedure mask

Medical procedure mask with knotted ear loops and tucked-in sides

Mask fitter

Nylon covering over mask

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