

Unmasking CDC guidelines

MU's revised policy requires people to **wear a mask outdoors** and, in compliance with CDC guidelines, clarified how and what kind of mask should be worn.

The CDC recommends masks with **two or more layers** of washable, breathable fabric. Masks should completely cover the nose and mouth and fit snugly over the face.

The New York Times has reported that a study warning neck gaiters were ineffective was exaggerated. The CDC still **does not recommend** wearing a gaiter, as the efficacy is under review.

The CDC **does not recommend** the use of face shields as a substitute for masks. Available data shows wearing a hooded face shield or one that wraps around the sides of the face and chin might provide better protection than others.

Masks with exhalation valves or vents are **not recommended** for use. Masks intended for health care workers, such as the N95, also are not advised.

