

# Wear the **right** face covering

**Your safety is our priority.** That is why face coverings are required for every patient visitor and team member in all Ballad Health facilities. And, it's the reason we encourage the **proper wearing** of face coverings in the community when physical distancing isn't possible. **We can all keep each other safe.**

## Do wear...

### Procedure masks and cloth face coverings

Procedure masks and cloth face coverings help block large-particle droplets and splatter from coming into contact with your mouth and nose. They also help to reduce the spread of your saliva and respiratory secretions to others.



# Don't wear...

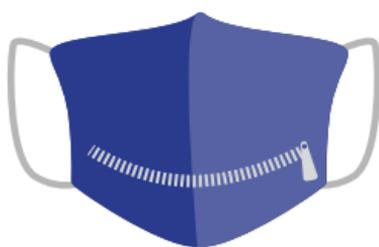
## Masks or face coverings that have exhalation valves

An exhalation valve on a mask or face covering allows unfiltered exhaled air to escape, which reduces the containment of droplets. This can pose a risk to those around you. You can pass the COVID-19 virus to others through an exhalation valve if you are infected, even if asymptomatic.



## Zipper masks or face coverings

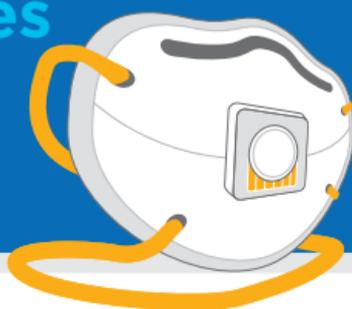
Wearing a zipper mask or face covering can also pose a risk to yourself and others. The zipper is not air tight, and you can forget to close it. Touching the front of the mask to unzip increases the risk of contamination.



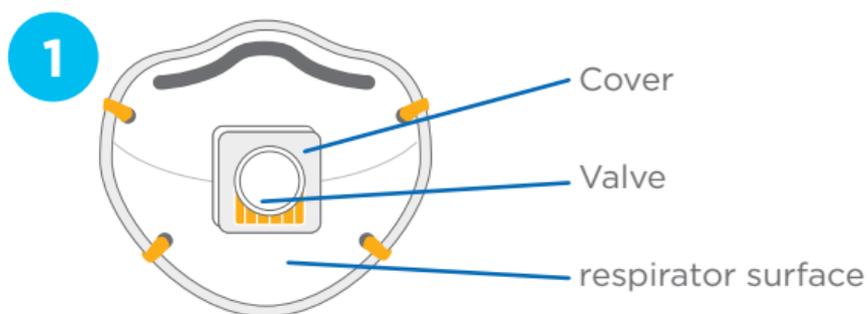
Source: Intermountain Healthcare

Masks and face coverings are most effective when used in combination with physical distancing and frequent hand hygiene.

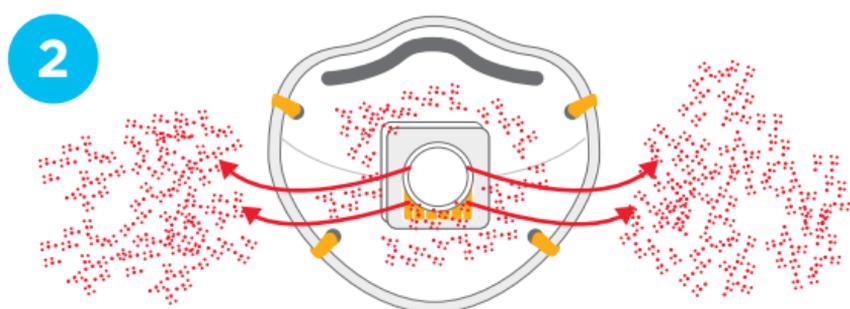
# Are N95 respirators with **exhalation valves** appropriate for COVID-19?



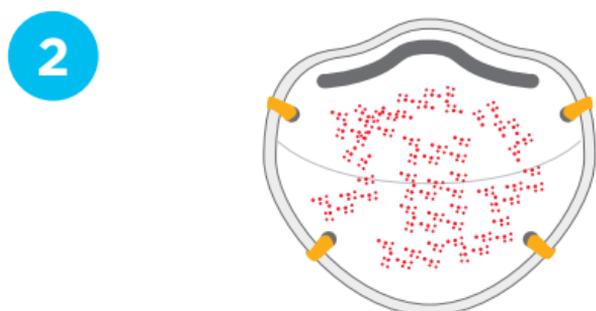
## Protecting your patients



Exhalation valve is a one-way valve that opens only when you exhale.

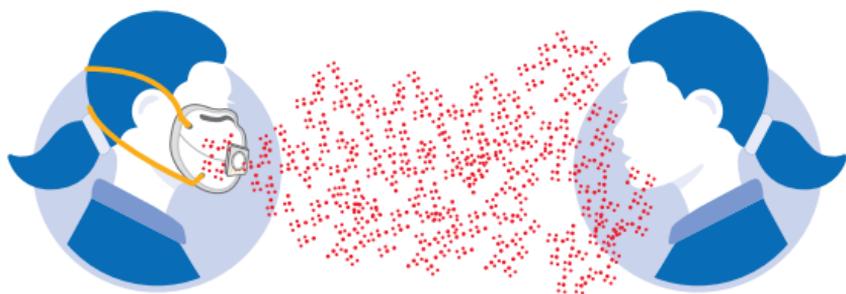


When you exhale, the valve flaps open. Airborne particles travels freely through the valve.



N95 without a valve does not allow droplets to go across the respirator.

# How does this apply to COVID-19?



## N95 with exhalation valves

Exhaled airborne contaminants pass through the valve on the N95. Your respirator protects you, but the patient is at risk if you are an asymptomatic or presymptomatic carrier.



## N95 without exhalation valves

N95 without valves can prevent contaminants dispersing between you and other people.

## What is a use for exhalation valve masks?

N95 with valves are invented for industrial use. They block out inhalation of airborne contaminants while cooling the user.

