

Masking Tips for Children

An effective mask has both good fit and filtration. Follow these tips to choose the best mask to protect children from COVID-19.

A good, well-fitting mask helps protect children from COVID-19 and is especially important at school.

An effective mask has both good fit and filtration. It should be snug to the face, cover the nose, and have no gaps around the edges. It should be made with material that filters air well enough to block viruses. Children should be encouraged to wear the best possible mask – one that fits and filters well.

However, the highest quality mask that will be comfortably worn is better than no mask at all.



Most Effective

- **KF94 / KN95**
- **Double Mask** (Cloth mask over a medical mask)
- **N95** for older children



Effective

- **Medical Mask (Surgical)**



Least Effective

- **Cloth Mask** (Choose one with three or more fabric layers)

KF94, KN95 and N95 Respirator Masks

KF94 and **KN95** masks are available in kids' sizes and offer good fit and good filtration. Be sure ear loops are sized for a snug fit. Carefully check reviews before purchasing online, to avoid counterfeit masks on the market.

N95s also provide excellent fit and filtration but will not fit smaller faces. **N95s** in size "small" may fit older children.

Medical Masks (Including Surgical and Disposable Face Masks)

Kid-sized medical masks provide good filtration, but do not provide a tight fit. The fit of a medical mask can be improved with a simple [modification](#) by tying a knot on the ear loops to create a snug fit or using a [mask brace](#). To find a high-quality medical mask, search for "ASTM medical masks for kids."

Cloth Masks

A cloth mask is better than no mask at all and can help reduce the spread of COVID-19. However, many cloth masks fit and filter poorly. The best kid-sized fabric masks have:

- Two layers of tightly woven fabric with a third layer of non-woven fabric (such as polypropylene)
- A nose wire to reduce gaps around the nose
- Adjustable ear loops

All masks may be safely reused if the ear loops and nose clip provide a snug fit unless they become damaged or dirty.



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Warning: Children younger than 2 years old should **NOT** wear masks due to suffocation risk.

