

## Mask Guidance Spring 2022

Masking is a critical public health tool for preventing the spread of COVID19, and it is important to remember that any mask is better than no mask.

To protect yourself and others from COVID19, the CDC and NC DHHS continue to recommend that you wear the most protective face mask you can that fits you well and that you will wear consistently.

Some masks and respirators offer higher levels of protection than others, and some may be harder to tolerate wearing consistently than others. **It is important to wear a well-fitted mask or respirator CORRECTLY to provide good protection.**

### Cloth Masks

Cloth masks can be made from a variety of fabrics.

The branded cloth masks provided by the University are 4-ply masks made of cotton and silk webbing, with an optional filter pocket.

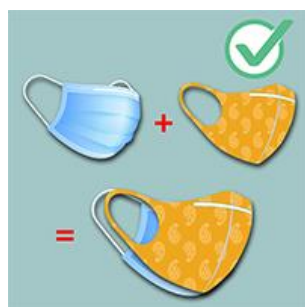
Cloth masks should be worn over the nose and mouth and should NOT have exhalation valves or vents.



### Disposable Procedure Masks

These are also referred to as surgical masks. These should be worn over your nose and mouth and contain a nose wire.

Do not wear a disposable procedure mask if it creates gaps around the sides of your face or nose.



### Double Masking (Cloth Mask + Disposable Procedure Mask)

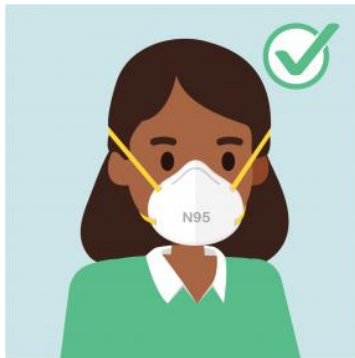
Double masking may provide the wearer with extra protection and a better mask fit.

To double mask, wear a disposable procedure mask underneath and place a well-fitting cloth mask on top.

## KN95 Masks

A KN95 mask is a KN95s tend to have ear loop design which separates them from N95s that have head straps/bands. Do not wear KN95 with other masks. Instead, only wear KN95 mask alone (do not double mask with a KN95).

KN95 masks do not need to be fit tested but perform better when fitted tightly to the face.



## N95 Respirator

An N95 respirator is a respiratory protective device designed to achieve a very close facial fit and very efficient filtration of airborne particles.

If an employee wishes to wear an N95 provided by the University on a voluntary basis, they must first request a mask through the [N95 Respirator Request & Acknowledgement Form](#). Such employees will be asked to review Appendix D to OSHA Sec. 1910.134 and acknowledge they have read and understood the information provided in Appendix D regarding the limitations and use of N95s.

Employees wearing N95s must know that it may be hard to achieve a proper fit/seal with certain types of facial hair. Additionally, do not wear N95s with other masks. Instead, only wear N95s alone (do not double mask with an N95).

People with chronic respiratory, cardiac, or other medical conditions that make breathing difficult should check with their health care provider before using an N95 respirator because the N95 respirator can make it more difficult for the wearer to breathe.

## Masks that Are NOT Acceptable

- Masks with one-way valves or vents that allow viral particles to escape
- Bandanas, scarves, and face coverings made with other repurposed clothing items like scarves or ski masks
- Are made of fabric that makes it hard to breathe (like vinyl)
- Masks made of single-layer fabric or those made of thin fabric that don't block light



## **Employee (Disposable, KN95, and Cloth) Mask Request Form**

Departments can request a supply of University-branded cloth masks, disposable procedure masks, and KN95 masks through the form below. We ask that each department designate an individual in their area to request and distribute appropriately within the requesting department.

[Spring 2022 Department PPE Request Form](#)

## **Employee N95 Respirator Requests**

If an employee or student wishes to wear an N95 provided by the University on a voluntary basis, the employee must first request an N95 Respirator and Voluntary Use Waiver through an electronic form system.

Individuals will be required to review Appendix D to Sec. 1910.134 and acknowledge they have read and understood the information provided in Appendix D regarding and use of N95s. This process is required by OSHA. *This request process does not serve as replacement to the University's formal Respiratory Protection Program. Voluntary use of respiratory protection means that an employee chooses to wear an N95 respirator, even though a respirator is not required by the employer or by any OSHA standard for the employee.*

[Spring 2022 N95 Respirator Request Form](#)