



## SELECTION

- Use a well-fitting procedural/surgical mask as part of universal masking and standard PPE.

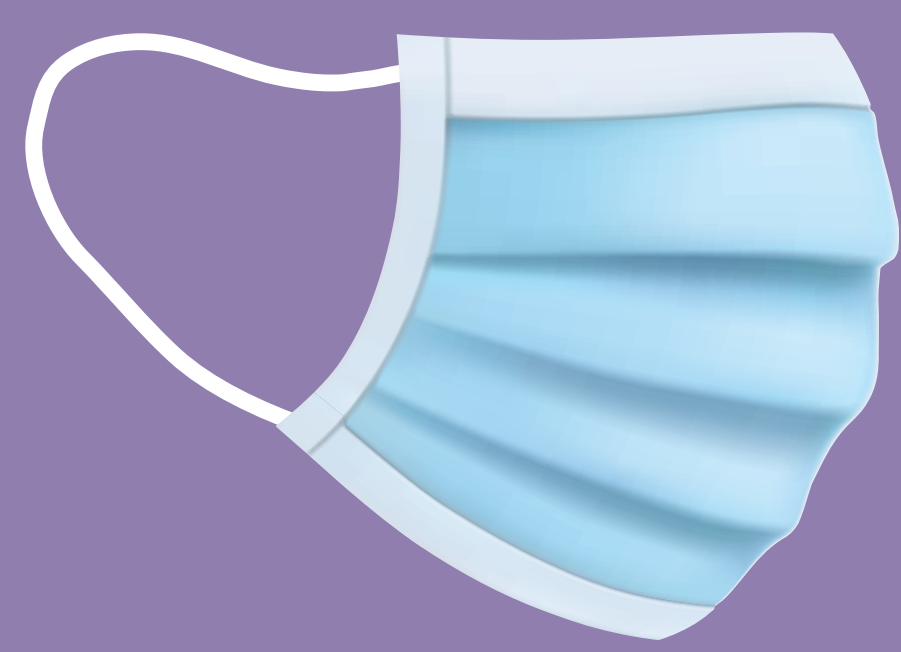
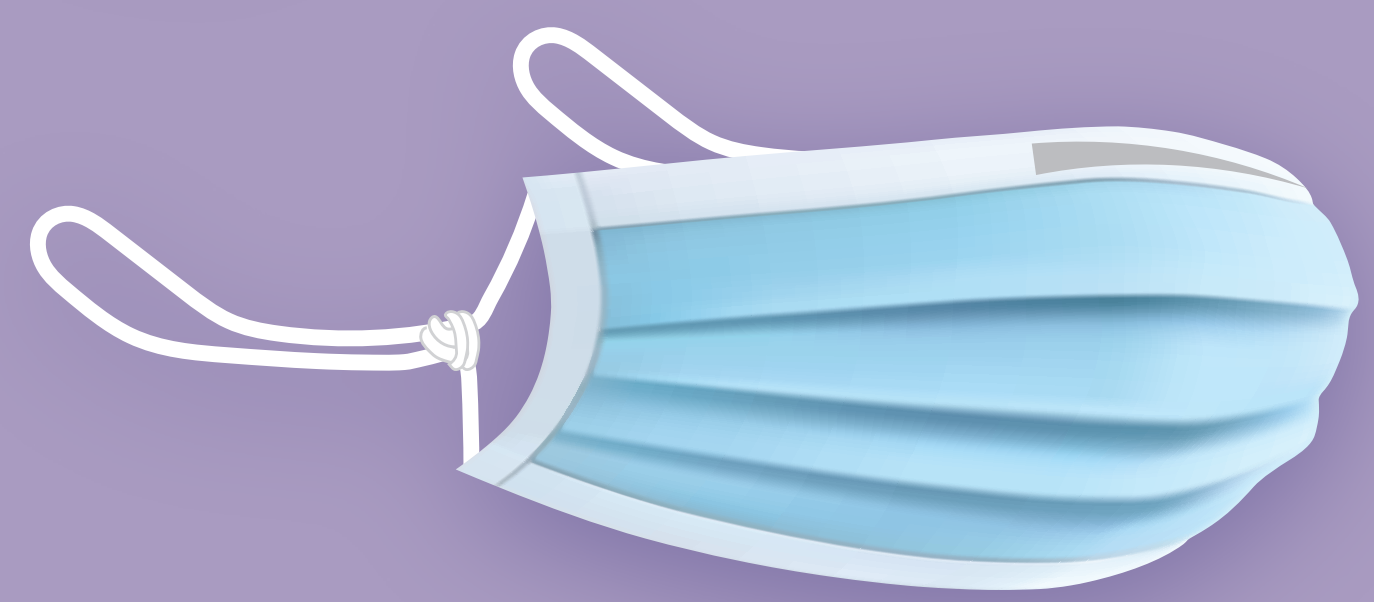
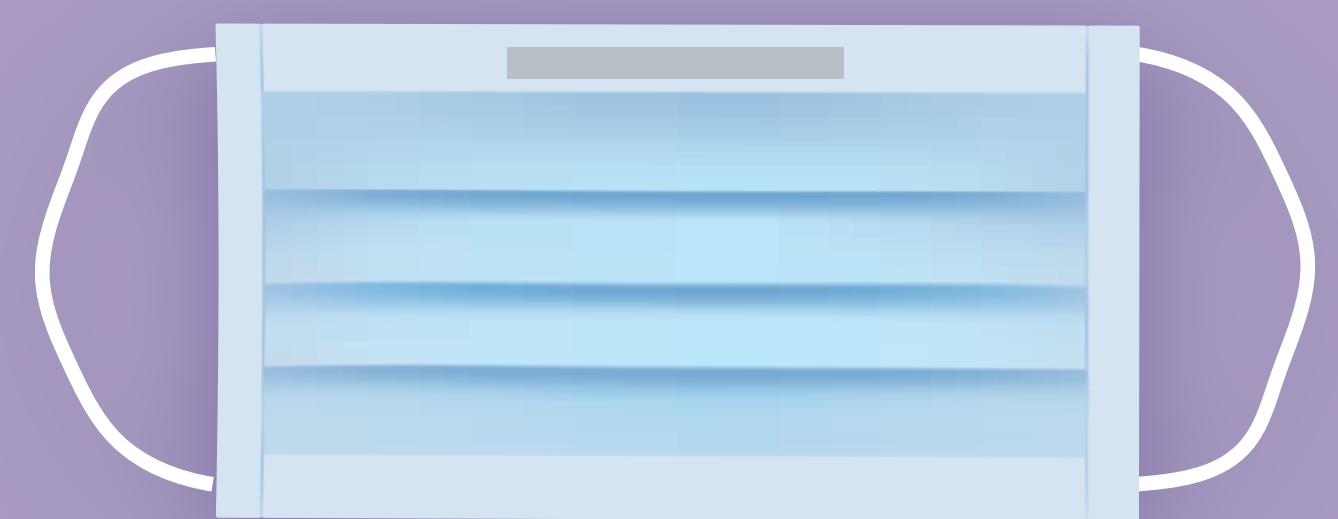


## FIT

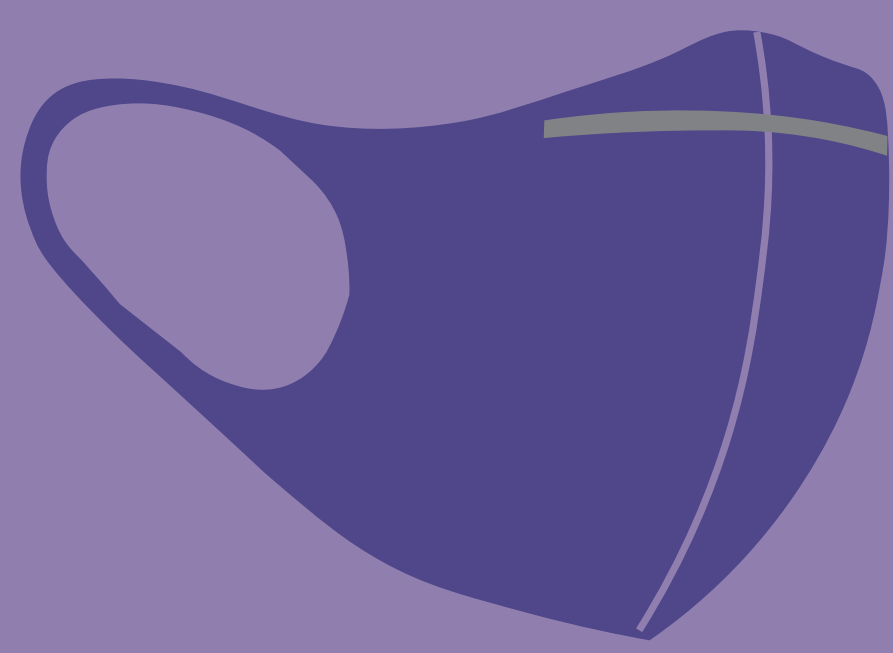
Procedural/surgical masks should be well-fitting to ensure protection.

To ensure a better fit:

- Bend the nose wire so it fits close to your face.
- Tighten the mask by knotting the ear loops and tucking in extra material.
  - **Watch a CDC-recommended video on this method.**
- Use mask-tightening devices such as ear protectors.



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## DOUBLE-MASKING

- The PPE provided by NM is based on CDC recommendations.
- Double-masking is not necessary when a good fit is achieved with one mask.
- Do not double-mask using two NM-issued procedural/surgical masks.
- If you are not able to achieve the desired fit, you may choose to wear a cloth mask **OVER** your NM-issued procedural/surgical mask. Remember:
  - Cloth masks are not PPE. They should not be worn alone for patient care or as a part of universal masking.
  - Cloth masks must be free of slogans and graphics other than the NM logo.
  - Replace a cloth mask if it becomes soiled, wet or contaminated.
  - Launder cloth masks after each shift.

## EVEN IF FULLY VACCINATED, CONTINUE TO:

- Always wear a mask that fits well.
- Wear eye protection with each patient encounter.
- Follow PPE guidelines posted on NMI.

The science around COVID-19 is constantly evolving. That results in frequent changes and updates to recommendations. COVID-19 guidelines at NM are based on CDC recommendations. New guidelines are implemented as CDC guidelines evolve. Regularly visit the CDC website at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most updated information.

**See what the CDC recommends to improve how your mask protects you.**

### Sources:

Maximizing Fit for Cloth and Medical Procedures Mask, <https://www.cdc.gov/mmwr/volumes/70/wr/mm7007e1.htm>  
 Evaluation of Cloth Masks and Modified Procedure Masks as PPE, JAMA 2020  
 CDC: COVID-19 Interim Infection Prevention and Control for Healthcare Personnel During COVID Pandemic, 2/10/21  
 CDC: Improve How Your Mask Protects You, 2/13/21