

Should we use masking to prevent Post COVID-19 Condition?



Suggested Masking

It is suggested that asymptomatic adults wear masks in indoor public spaces, especially in higher risk spaces such as crowded or poorly ventilated areas. This helps reduce the spread of the virus even if no symptoms are present.

When Risk is High

Wearing masks is suggested in high-risk situations. For example, when COVID-19 cases are high or when around people who are at risk of getting very sick.

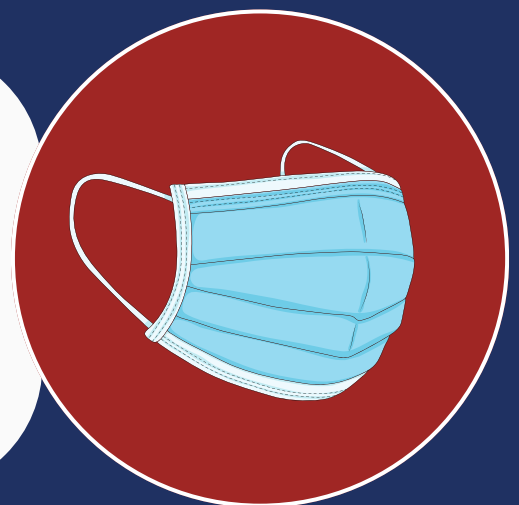


Most Effective Masks

Studies show that **N95** or **KN95** masks are most effective. They provide a small but additional benefit than medical or surgical masks.

Other Masks

Medical or surgical masks still provide some protection. Choose a mask based on the level of risk, availability, and how well it fits you. Cloth masks were not reviewed in this recommendation.



Planetary Health

Mask use can harm the environment. To cut CO2 emissions, we can use masks that break down naturally, wear masks for longer, choose masks with less packaging, and buy masks made locally.

Scan the QR code for more details about the prevention of Post COVID-19 Condition.

