

MMWR

Morbidity and Mortality Weekly Report



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EARLY RELEASE

Wearing a mask that fits tightly to your face can help limit spread of the virus that causes COVID-19

In lab tests with dummies, exposure to potentially infectious aerosols decreased by **about 95%** when they both wore tightly fitted masks



Cloth mask over medical procedure mask



Medical procedure mask with knotted ear loops and tucked-in sides

Other effective options to improve fit include:



Mask fitter



Nylon covering over mask

[CDC.GOV](https://www.cdc.gov)

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[Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021](#)

PDF of this report ([link](#))



MMWR Weekly COVID-19 Briefing Podcast: Week of February 1

The latest *MMWR* Weekly COVID-19 Briefing is live. This week's episode covers five reports ranging from describing the demographics of those who received the first dose of the COVID-19 vaccine to highlighting disparities in COVID-19 risk factors among sexual minorities and racial and ethnic groups. Listen and subscribe on: [Apple Podcasts](#), [Stitcher](#), [Spotify](#), and [Google Play](#).



Centers for Disease Control and Prevention

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