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## Is Your Mask Uncomfortable?

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# Is your Mask Uncomfortable?



## HARD TO BREATHE?

Masks can cause us to feel like it is hard to breathe.

Solutions:

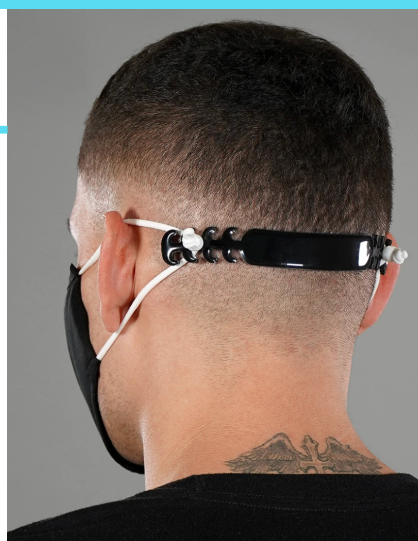
- Avoid using N-95 masks, use a disposable surgical face mask or try a cloth mask made of breathable fabric such as cotton.
- Use breathing techniques to calm any potential feelings of anxiety making it easier to breathe.

## SORE EARS?

Masks can cause ears to become sore from overuse.

Solutions:

- Hook “ear savers” on the ear loops of your mask to reduce ear strain.
- Another option is cloth masks with adjustable elastic straps for a custom fit.



## FOGGY GLASSES?

Masks can cause eye glasses to fog.

Solutions:

- Pull your mask up higher on your nose and sit your glasses on top of the mask to prevent fogging. Wearing a mask with a nose wire also helps.
- Wash lenses with dish soap and water, then air dry or wipe with a microfiber cloth. This leaves behind a thin film that will prevent fogging.

## NEED TO EXPRESS YOURSELF?

Masks can cause us to feel disconnected from others and unable to express ourselves.

Solution:

- Wear cloth or disposable masks that have fun prints or colors; express yourself thru your mask.



## SO, WHY WEAR IT?

Studies have shown wearing a face mask both:

- Reduces the chance of an infected individual spreading COVID-19.
- And reduces the chance of a healthy individual catching COVID-19.

The CDC estimates roughly 40% of individuals infected with COVID-19 do not show symptoms yet can still pass on the virus to other people.



Your mask protects them.

Their mask protects you.

