With new, more contagious strains of the coronavirus spreading in the U.S., and transmission levels still very high in many places, some public health experts recommend that Americans upgrade from the basic cloth masks that many have been wearing during the pandemic.

### Tips to Make Your Face Mask More Protective

#### Wear two masks
Start with a surgical mask closest to your face and then add a cloth one on top. Double-masking is especially important for people in specific circumstances: adults who work in crowded indoor environments and medically vulnerable people who are going into indoor spaces in areas with high transmission.

#### Add a filter to your cloth mask
You can also achieve a similar boost in filtration efficiency by wearing a two-layer mask with a pocket for a filter. A surgical mask can be inserted into the filter pocket if you don’t want to purchase separate filters.

#### Choose a better cloth mask
When it comes to cloth masks, look for a fabric with a tight weave. Multiple studies have shown that 100% cotton is a good bet.

#### Make your mask fit tighter
To maximize your mask’s effectiveness, make sure that it fits snugly over your mouth and nose.

#### Consider KN95s and KF94s
While N95s remain scarce, KN95 respirators are pretty easy to purchase these days.

If you opt for one of these respirators, make sure they also fit tightly to your face.