

# Masking Tips for Children

An effective mask is an important tool for preventing the spread of respiratory viruses like COVID-19 and flu. Follow these tips for choosing the best mask for your child.

A good, well-fitting mask helps protect children from respiratory infections, and can be especially important for those at [higher risk](#) of getting severe COVID-19 and other respiratory infections.

An effective mask has both good fit and filtration. It should be snug to the face, cover the nose, and have no gaps around the edges. Parents and guardians should choose the best possible mask for their child – one that fits and filters well.

However, the highest quality mask that will be comfortably worn is better than no mask at all.



## Good Protection

**KF94 / KN95**

**N95** (only for older children, if well-fitting)



## Less Effective

**Medical Mask (Surgical)**



## Generally Not Recommended\*

**Cloth Mask**



## KF94, KN95 and N95 Respirator Masks

**KF94** and **KN95** masks are available in “child” or “extra-small” sizes and may be the best choice for younger children. Be sure ear loops are sized for a snug fit. Carefully check reviews before purchasing online, to [avoid counterfeit masks on the market](#).

## Medical Masks (also called Surgical or Disposable Masks)

Medical masks (available in child sizes) are designed to block large droplets. They do not fit closely to the face or filter the aerosols that transmit respiratory viruses. They are much less effective than well-fitting N95, KF94, or KN95 masks.

## Cloth Masks

Cloth masks are less effective than either surgical masks or high-quality respirators and are no longer recommended. Individuals should not rely on cloth masks\* for protection from COVID-19 or other respiratory infections. A mask that does not create a tight seal against your face does not provide the best protection against getting sick.

\* However, cloth masks that meet the [ASTM F3502-21 Standard Specification for Barrier Face Coverings](#) may provide better fit and filtration than cloth masks that do not.



### Warning:

Children younger than 2 years old should **NOT** wear masks due to suffocation risk.



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