



Masking FAQs

SUNY College of Environmental Science and Forestry

What types of masks and respirators can protect yourself and others from getting and spreading COVID-19?

Some masks work better than others to help stop the spread of COVID-19. See [CDC on Types of Masks and Respirators](#). When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has. Make sure your mask completely covers your nose and mouth and fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers may stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

What types of masks are recommended on campus?

- A surgical mask that fits correctly without gaps
- A surgical mask with a cloth mask on top of it, if you are concerned about the quality and/or fit of the first layer
- Cloth masks that consist of a filter, sandwiched between two layers of dense fabric, that fits correctly
- An N95 or KN95 mask that fits correctly (note: these "respirators" impose a significant breathing restriction, and consultation with your healthcare provider in advance of extended use is recommended)
- If you wear glasses, masks that fit tightly over your nose (e.g., with nose wires) to limit fogging
- If you wear a head covering, masks that tie behind your head

What types of masks are NOT recommended on campus?

- Masks that do not fit tightly over nose and mouth
- Masks made of loosely woven fabric (i.e., fabric that lets light pass through)
- Neck gaiters
- Face shields (except for faculty lecturing use only when 12-ft distance from others is maintained)

What types of masks are NOT allowed on campus?

- Masks with exhalation valves or vents, including N95 respirators with exhaust valves
- Masks containing slits, valves, or punctures
- Scarves, ski masks, balaclavas, or bandanas (if these need to be worn for warmth, they should be worn over the mask, not in lieu of one)
- Turtleneck collars pulled up over the mouth and nose

Where can I get a mask on campus?

Surgical masks and KN95 masks are available in single quantities at the Moon Library circulation desk and the Help Desk in 317 Baker Lab. Bulk quantities of surgical masks are available by making a request to pvandemark@esf.edu.