



Masks with Exhalation Valves or Vents - **BAD**

While I'm ranting about masks, I'll take the opportunity to again go after my pet peeve masks with valves. They protect the wearer but NOT the people around them.

From the [CDC](#)

The purpose of masks is to keep respiratory droplets from reaching others to aid with source control. However, masks with one-way valves or vents allow air to be exhaled through a hole in the material, which can result in expelled respiratory droplets that can reach others. This type of mask does not prevent the person wearing the mask from transmitting COVID-19 to others. Therefore, CDC **does not recommend** using masks for source control if they have an exhalation valve or vent.

I have a few of these. When I wear one, I put it on first and then a surgical or cloth mask over it. The N95 with a value protects me to other mask protects **you**.

WEAR A MASK, GET TESTED
please