

CDC Begins Recommending Wearing Two Masks

By [Zero Hedge](#)

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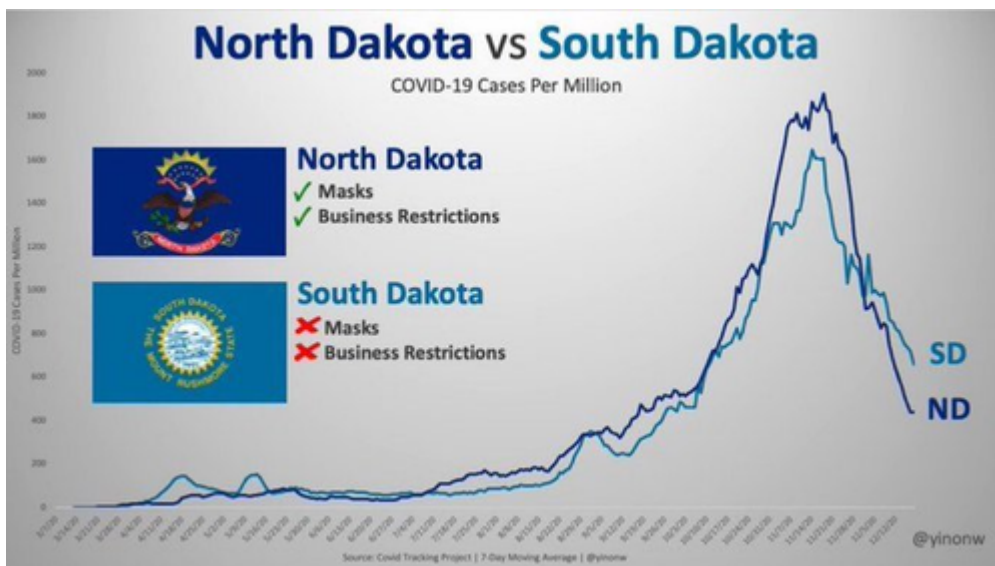
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We already know [based on objective, impartial, empirical data](#), that there is effectively no difference in covid case counts/hospitalizations/deaths in states that mandate masks and business restrictions (such as North Dakota) vs states which do not (such as its southern neighbor).



So, perhaps while looking at this graphic, the CDC had a brilliant idea: ok, one mask does not work, but what about... two masks!

That's right: starting Wednesday, the CDC (aka the U.S. Centers for Disease Control and Prevention) began recommending that Americans wear two masks, or specifically a cloth mask over a medical mask to slow the spread of Covid-19.

The guidance followed the release of an agency study (because “scientists”) that found double masking can boost protection from aerosolized particles.

Whereas government officials previously said the CDC was waiting to gather evidence on double masking, they now appear to have a greenlight to mandate double-masking. The new study, part of the agency's Morbidity and Mortality Weekly Report, also examined the efficacy of modifications made to improve the fit of a medical mask. Either double masking or tightening a mask's fit reduced exposure to aerosols that could be infectious by about

95%, the research concluded.

“These experiments highlight the importance of good fit to maximize mask performance,” the authors wrote.

“There are multiple simple ways to achieve better fit of masks to more effectively slow the spread of Covid-19.”

The findings came from experiments done by the agency last month, which tested how double masking and changes to improve mask fit worked amid coughing, which the researchers simulated. Knotting the loops of a surgical mask and tucking in extra fabric near the face was found to reduce exposure, as was wearing a cloth mask over a surgical mask.

Two important ways to make sure your mask works the best it can

1

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask.

2

Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.



Do



Choose a mask with a **Nose Wire**

- A nose wire is a metal strip along the top of the mask
- Nose wires prevent air from leaking out of the top of the mask.
- Bend the nose wire over your nose to fit close to your face.



Use a **Mask Fitter or Brace**

- Use a mask fitter or brace over a disposable mask or a cloth mask to prevent air from leaking around the edges of the mask.



Check that it **Fits Snugly** over your nose, mouth, and chin

- Check for gaps by cupping your hands around the outside edges of the mask.
- Make sure no air is flowing from the area near your eyes or from the sides of the mask.
- If the mask has a good fit, you will feel warm air come through the front of the mask and may be able to see the mask material move in and out with each breath.



Add **Layers** of material

Ways to layer

- Use a cloth mask that has multiple layers of fabric.

OR

- Wear one disposable mask underneath a cloth mask.
 - The second mask should push the edges of the inner mask against your face.

Make sure you can see and breathe easily

As a result, the CDC's new guidance now recommends that Americans should ensure that masks fit tightly on their face and have layers, both of which improve protection. There are several routes to do that, including wearing a disposable mask beneath a cloth mask or choosing a mask with multiple layers of fabric, according to the recommendation.

That said, double-masking with two disposable masks, or with a KN95, isn't recommended.

“The bottom line is this: Masks work and they work best when they have a good fit and are worn correctly,” CDC Director Rochelle Walensky said at a White House briefing on Wednesday.

And while the CDC may argue that “the bottom line” is whatever it wants it to be, at least until it changes its mind in a month to suit some political interest *du jour*, the reality is that wearing just one mask has shown no tangible improvement on infection numbers.

In fact, none other than Dr Anthony Fauci said one week ago that “*there’s no data that indicates that [double masking] is going to make a difference.*”

Fauci on double masking:

“There’s no data that indicates that that is going to make a difference”
pic.twitter.com/ptVivQfuwt

— Eli Klein (@TheEliKlein) [January 31, 2021](#)

But that was science *in January*. We now have *February* science. As a result, it’s time to reset the count and start with two.... then [three masks](#).... then [four](#).... until eventually we all will look like this...



... at least for a few minutes before everyone dies from asphyxiation.

*

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