



Masks Save Lives: Which One To Use

Looking and feeling better, preventing disease and living a longer, happier life are all goals of Anti-Aging and Regenerative Medicine- also known as Age Management Medicine.

[Find out more....](#)

:: drcasas@anacasasmd.com
 :: <http://www.anacasasmd.com>

The new Duke University study, published Aug. 7 in the journal Science Advances, rated a fitted N95 without a valve and a three-layer surgical mask as the top two protectors against COVID-19.

Here's the full list, with each mask identified by a number in parenthesis corresponding to the photo above in order of which ones are best to which ones are not effective:

1. Fitted N95, no valve (#14 in photo)
2. 3-layer surgical mask (#1)
3. Cotton-polypropylene-cotton mask (#5)
4. 2-layer polypropylene apron mask (#4)
5. 2-layer cotton, pleated style mask (#13)
6. 2-layer cotton, pleated style mask (#7)
7. Valved N95 mask (#2)
8. 2-layer cotton, Olson style mask (#8)
9. 1-layer Maxima AT mask (#6)
10. 1-layer cotton, pleated style mask (#10)
11. 2-layer cotton, pleated style mask (#9)
12. Knitted mask (#3)
13. Double-layer bandana (#12)
14. Gaiter-style neck fleece (#11)

The worst mask to use is the fleece neck gaiter.

The fleece fabric breaks up bigger virus particles into smaller virus particles that can remain airborne longer and spread the virus more effectively.

Bandanas and knitted masks were also found not to be effective.

Wearing a mask is our best defense against COVID-19 but I highly recommend that you use the most effective type of mask to keep you safe and others safe.

Knowledge is power.

We must be humble enough to accept this knowledge and act on it.

Please wear a KN-95 mask (and goggles or face shield) in public, wash your hands with hot water and soap often and maintain a distance of 6 feet or more when you are around other people.

Avoid crowds and public places.

We must adapt to our "new" normal as we continue living our lives during this pandemic in order to save ourselves and to save each other.

It is possible to have this virus more than once until a cure is found.

It is crucial that you work with your doctor to keep your immune system strong.

This will help you to clear the virus and recover sooner, if you get the virus.

We must be humble enough to know that we have a lot to learn about this virus and the diseases that it causes.

The world has never seen a virus like this one.

We are still learning more about the long term health effects of this virus.

Please stay safe!

Wishing you and your loved ones all the health you deserve during these challenging times,

Ana Casas M.D.

Board Certified, Anti-Aging and Regenerative Medicine