



# Reusable Masks



## Help Yourself, Help Your Community, & Help the Planet

An infographic summary presenting the peer-reviewed findings of relevant studies

### Single-use Surgical Masks



### Reusable Cotton Masks



no significant difference in droplet transmission<sup>2,3</sup>

Recent studies suggest that single-use surgical masks and reusable cotton masks demonstrate comparable effectiveness in preventing droplet transmission<sup>2,3</sup>

### Single-use Surgical Masks are not recyclable due to contamination concerns<sup>5</sup>



Instead, they end up in land fills where they degrade into

“The increase in production and consumption of face masks across the world has given rise to a new environmental challenge, adding to the vast plastic and plastic particle waste in the environment<sup>1</sup>”



## Make the switch from single-use Surgical Masks to reusable Cotton Masks

Summary assembled by Student Doctors Chris Hannum, Joshua Hansen, Kaitlin Hallahan, Morgan Szczepaniak, and Taylor Nelson  
All icons used are from the UN's OCHA collection and available for educational use.

1 Fadare, O., & Okoffo, E. (2020). Covid-19 face masks: a potential source of microplastic fibers in the environment, *The Science of the total environment*, 737, 140279.

2 Fischer, E., Fischer, M., Grass, D., Henrion, I., Warren, W., & Westman, E. (2020). Low-cost measurement of face mask efficacy for filtering expelled droplets during speech, *Science Advances*, 6(36), eabd3083.

3 Ho, K.F., Lin, L.Y., Weng, S.P., & Chuang, K.J. (2020). Medical mask versus cotton mask for preventing respiratory droplet transmission in micro environments, *Science of The Total Environment*, 139510.

4 Potluri, P., & Needham, P. (2005). Technical textiles for protection, *Textiles for protection*, 151–175.

5 Silva, A., Prata, J., Walker, T., Campos, D., Duarte, A., Soares, A., Barcel\`o, D., & Rocha-Santos, T. (2020). Rethinking and optimizing plastic waste management under COVID-19 pandemic: Policy solutions based on redesign and reduction of single-use plastics and personal protective equipment, *Science of the Total Environment*, 742, 140565.