

# Should you be making COVID-19 mask upgrade?



Millions of Americans have donned everything from surgical masks to homemade face coverings in an effort to battle COVID-19.



By: [abc15.com staff](#)

Posted at 9:45 PM, Feb 02, 2021 and last updated 12:24 AM, Feb 03, 2021

Wash your hands, social distance and wear a mask. You've no doubt heard the advice by now.

It was 10 months ago tomorrow that face masks were first recommended by the CDC. Since then, millions of Americans have donned everything from surgical masks to homemade face coverings in an effort to battle COVID-19.

## **FULL SECTION: Everything you need to know about coronavirus**

Now, as more contagious strains of the virus spread around the globe, some experts are encouraging us to either upgrade to medical grade masks or double mask.

"I don't think we should be waiting for things to get worse to protect ourselves better," says Arizona Medical Association president Dr. Ross

Goldberg.

He wants to see Americans using KN95 masks, similar to what frontline healthcare workers use. But unlike the N95 masks commonly used in hospital settings, and the focus of rationing for healthcare workers, KN95 masks are widely available online. They are not exactly the same, but are significantly better than the homemade variety many people are using and reusing now.

"Think of the mask as an obstacle course for the particles that are carrying the virus. The more things you can throw in its way, the harder it is to get into your mouth and into your lungs," Dr. Goldberg explains.

If a better mask is unavailable, Dr. Goldberg suggests double masking. He says its especially important if you need to be indoors and around a large group of people.