

AOL news:

## 9 best face masks for teachers on Amazon

# THE Healthy

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Keep students, faculty, and staff safe during [back-to-school season](#) with these best [face masks](#) for teachers for [coronavirus protection](#) on Amazon.

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### Back-to-school safety during coronavirus

Teachers across the nation are heading [back to school](#) to the classroom along with their students to start in-person teaching again. With the [novel coronavirus](#) still in full force, the possibility of a [second coronavirus wave](#), and with [cold and flu season](#) looming, it's critical that teachers have good protection that will allow them to be comfortable when they stand in class, teach, talk, and try to keep students focused and [socially distant](#) throughout the day. So what is the best [face mask](#) for teachers to stay safe from coronavirus?

### Choosing the best face mask for teachers

"Teachers are best using KN95 or Medical N95 masks," says Robert E. Marx, DDS, who treats temporomandibular joint disorders and is the chief of oral and maxillofacial surgery at the University of Miami School of Medicine. "KN95 masks are more comfortable for a long day in the classroom. But both will protect the wearer and surrounding students and administrators."

But KN95 and N95 masks aren't the only doctor recommended options. Padma Yarlagadda, MD, internist who treats disorders of the kidney, disorders of high blood pressure, and other complications of kidney failure at Regional Medical Center, San Jose, California, suggests a tightly-woven, cotton mask option, that has a filter. "You can use a polypropylene filter that can be purchased at stores such as Walmart," says Dr. Yarlagadda. "If you cannot get a polypropylene filter, you can try using two sheets of facial tissues or get a tightly woven cotton face mask with three to four layers." Other [face mask filters](#) include carbon or activated charcoal, or high-efficiency particulate air (HEPA) filters.

Of course, it's still important that the mask is worn correctly: Marx advises making sure that the mask covers the nose and adapts to the skin of the cheek. "The fit and constancy of wearing the mask throughout the day are most important," says Marx.

## **Cleaning, sanitizing, and reusing your face mask**

It's also important that teachers [disinfect face masks](#) to keep germs at bay. "The best method is to use a new mask daily to protect the vulnerability of our teachers and our kids and, other adults who come in contact with us," says Marx. This helps protect against body fluids, like sneezing or coughing, from making contact with the nose and the mouth. So buying reliable masks in bulk is a great option for when your face mask becomes wet or soiled.

If you choose to use a [reusable face mask](#), washing it correctly is key to keeping it clean. "Masks should be washed daily with soap or detergent and hot water," says Dr. Yarlagadda. "It is important that the masks are dry before use, too. If you are using a polypropylene filter, try ironing it or rubbing it with a plastic glove for 20 seconds since washing it results in the loss of some electrostatic charge." Polypropylene filters work by using static electricity to trap respiratory droplets that are entering and leaving your face mask.

To ensure teachers—and students— safety in classrooms this year while Covid-19 is still a threat, we've rounded up some of the best face masks for teachers on Amazon.

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