Sharma recommends looking for one
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Dr. Richard Watkins, an infectious disease physician in Akron, Ohio, and a professor of internal medicine at the Northeast Ohio Medical University, who did not participate in the study, tells Yahoo Life that it�s �scientifically plausible� that layers would matter more than the style of masks. �The more layers, the better, � he adds.

However, Watkins says, �More research is needed, especially replication studies and studies that sample airborne particles in real-world settings, before neck gaiters can be recommended over masks. �

The tide may be turning for neck gaiters, though. Preliminary results from a study conducted at Virginia Tech analyzed the effectiveness of a single-layer gaiter made of 100 percent polyester and a two-layer gaiter, made with 87 percent polyester and 13 percent spandex. The researchers found that both gaiters stopped 100 percent of very large, 20-micron droplets and 50 percent of one-micron aerosols. For smaller particles, the single-layer gaiter blocked only 10 percent of 0. 5-micron particles; the double-layer gaiter blocked 20 percent. But when the researchers doubled the single-layer gaiter, it blocked more than 90 percent of all particles.

Sharma calls bans on neck gaiters in some areas �very unfortunate, � adding, �fighting this pandemic requires us to encourage everyone to wear face coverings, and excluding a very popular face covering is a mistake. �

Sharma is hoping his research will be one among other findings that can help change the CDC�s stance on neck gaiters. �The CDC is simply saying that they can�t recommend gaiters yet, because they haven�t received enough data, � he says. �This is partly the reason why we wanted to study their effectiveness and ensure there is as much evidence-based information in market as possible for the public. �.

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