The CDC recommends community use of masks, specifically non-valved, multi-layer, cloth masks to prevent transmission of SARS-CoV-2.

SARS-CoV-2 infection is transmitted predominantly by respiratory droplets generated when people
cough
talk
breathe
sneeze

Cloth masks:
Block most large droplets (≥20 microns)
Can block fine droplets (≤10 microns)
Limits forward spread of droplets not captured

Over 80% blockage of all respiratory droplets has been measured with the use of cloth masks, in some studies being on par with surgical masks as barriers for source control

Some materials such as polypropylene may enhance filtering effectiveness by generating triboelectric charge (a form of static electricity) that enhances capture of charged particles

More than 50% of transmissions are from asymptomatic or pre-symptomatic individuals who feel well and may be unaware they are infectious

Masks help reduce both the emission and inhalation of virus-laden droplets

Multiple layers of cloth with higher thread counts have demonstrated superior performance compared to single layers of cloth with lower thread counts

Some materials such as silk may help repel moist droplets and reduce fabric wetting and thus maintain breathability and comfort

The community benefit of masking for SARS-CoV-2 control is due to a combination of the above information

Individual prevention benefit increases with increasing numbers of people using masks consistently and correctly

Bottom line: mask up!