There are several types of masks. It is difficult for people to know which mask does what. I’ll review them.

This is a surgical mask. It is designed to protect others. It offers less protection for the wearer than an N95.

This is an N95 mask. It offers very good protection for the wearer. It offers less protection for the people around you than a surgical mask.
This is an N95 mask with a valve in front. The purpose of the valve is to let your breath out so it is not as stuffy. It offers very good protection for the wearer but little protection for the people around you. If you wear one, placing cloth over the valve would help protect people around you.

This is a full fledge respirator. It offers very good protection for the wearer but because of the valve in front it offers limited protection for people around you. If you wear one, placing cloth over the valve would help protect people around you.