

General instructions for Putting on an N95 Respirator (Mask)

These instructions must be followed each time the N95 mask is worn.

1



Before accessing and putting on an N95 mask clean your hands.

If wearing glasses, remove prior to putting on mask.

2



Cup the mask in your hand with the metal nosepiece at your fingertips.

Allow the elastic headbands (straps) to hang freely below your hand.

3



Position the mask under your chin with the nosepiece up.

Pull the top strap over your head resting it high at the top back of your head.

Pull the bottom strap over your head and place it around the neck below the ears.

4



Using **both** hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.

5



SEAL CHECK. The mask seal **MUST** be checked before each use. To check the fit, place both hands over the mask and exhale. If air leaks around your nose, adjust the nosepieces as described in step 4. If air leaks at the mask edges, adjust the straps back along the sides of your head. Check again.

If wearing glasses, put them on.

General instructions for Taking off an N95 Respirator (Mask)

General Instructions for N95 Respirator (Mask) | 2

These instructions must be followed each time the N95 mask is **taken off**.

1



Before taking off an N95 mask clean your hands.
If wearing glasses, remove prior to taking off mask.

2



Bend forward slightly and carefully remove the mask from your face by touching only the elastic headbands (straps)
Without touching mask, pull bottom strap over head.

3



Without touching mask, pull top strap over head.

4



Throw mask into garbage by holding it by the straps only.
If wearing glasses, put them on.

5



Clean your hands.