

## N95 MASK

The N95 is a formed mask, shaped to fit over the mouth and nose of the wearer. It is clearly labelled with the "N95" designation.

### Donning the N95 mask

An occlusive fit and a clean shave for men provide the best protection for the health care worker.

- Cup the respirator in your hand with the nosepiece at fingertips, allowing the head straps to hang freely below hand.
- Position the mask under your chin with the nosepiece up.
- While holding the mask in place, pull the top strap over your head so it rests high on the back of your head.
- While continuing to hold the mask firmly in place over your nose, mouth and chin, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the mask low on your nose.
- Using both hands, mould the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.
- Ensure the mask is sealed by holding both hands over the mask and exhale sharply. If air leaks around your nose, adjust the nosepiece. If air leaks around the edges, adjust the straps. Check again to ensure there are no leaks.



### Removing the N95 mask

When discarding the mask: Wash your hands prior to handling the mask. Carefully remove your mask using the straps. Discard. Wash your hands after handling the mask.

If re-using the mask: Place in clean, dry location such as a paper bag. Do not mark the mask with a pen or marker. Write your name on the outside of the paper bag to identify the mask as your own. Wash your hands after handling the mask.