

Appendix G: N95 Respirators

Putting on N95 Respirator

Centre for Disease Control & Dept of Health and Human Services

www.cdc.gov/h1n1flu/eua/pdf/n95instructions.pdf

Put the respirator on correctly: NOTE: Follow the instructions that come with the respirator. Manufacturer instructions for many NIOSH approved disposable respirators can also be found at: http://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/



Position the respirator in your hands with the nosepiece at your fingertips.



Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.



Position the respirator under your chin with the nosepiece up. The top strap goes over your head, resting high at the top back of your head. The bottom strap is positioned around the neck and below the ears. The straps do not cross over one another. If there is only 1 headband, it should rest high at the back of your head.



Most disposable respirator models have a metal nose clip. Place your fingertips from both hands at the top of the metal nose clip. Slide your fingertips down both sides of metal nose strip to mold the nose area to the shape of your nose.

Checking Fit of N95 Respirator

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Always check your fit when you wear a respirator. There are two steps to assessing the fit.



First, place both hands completely over the respirator, then take a quick breath in to check whether the respirator seals tightly to the face. Be careful not to disturb the position of the respirator.



Next, place both hands completely over the respirator and exhale.



If during either step, air leaks around the nose, readjust the nosepiece as described above. If air leaks at the mask edges, work the straps back along the sides of your head until a proper seal is achieved.



If you cannot achieve a proper fit and seal, ask for help from someone else, try a different size in that respirator model, or try a different respirator model. Different models of respirators may fit faces differently. Do NOT attempt to get a better fit by tying the straps into "knots" to shorten them.

Taking Off N95 Respirator

When taking off a respirator

 Front of respirator may be contaminated —DO NOT TOUCH! **1**

 Grasp bottom strap and pull over back of head without touching respirator, then with top strap and carefully remove **2**

 Discard in waste container and wash your hands thoroughly after removing the respirator. **3**

WASH YOUR HANDS THOROUGHLY AFTER REMOVING THE RESPIRATOR