

N95 Respirator Do's & Don'ts:

Provide respiratory protection by preventing inhalation of small particles that may contain infectious agents transmitted via the airborne route (1-3 micron particulate). N95 respirators are single use only. Refer to [COVID-19 Pandemic: PPE Use and Routine Practices](#) for details.

Providers must be fit-tested for N95 respirators for proper face seal

DO:

- ✓ Perform hand hygiene when donning and doffing
- ✓ Select respirator for which you have been fit-tested
- ✓ Position under the chin, with nosepiece up. Rest top strap at the top back of your head. Pull bottom strap over your head and place around the neck below ears
- ✓ Mold over the bridge of the nose and press all around the face seal. Perform seal check; place both hands over the mask and exhale. If air leaks, readjust. Check again.
- ✓ Remove by touching straps only. Tilt head forward pulling bottom strap over back of head, followed by top strap.
- ✓ Change if mask gets wet, soiled, damaged or it is difficult to breathe. Change if it starts to leak.



DON'T:

- ✗ DON'T enter the isolation room if you cannot achieve a proper fit.
- ✗ DON'T touch the front of the N95 respirator once in use
- ✗ DON'T share your N95 respirator with others to avoid cross contamination.
- ✗ DON'T leave an N95 respirator hanging around your neck
- ✗ DON'T snap the straps, as that may spread germs and cause cross contamination.