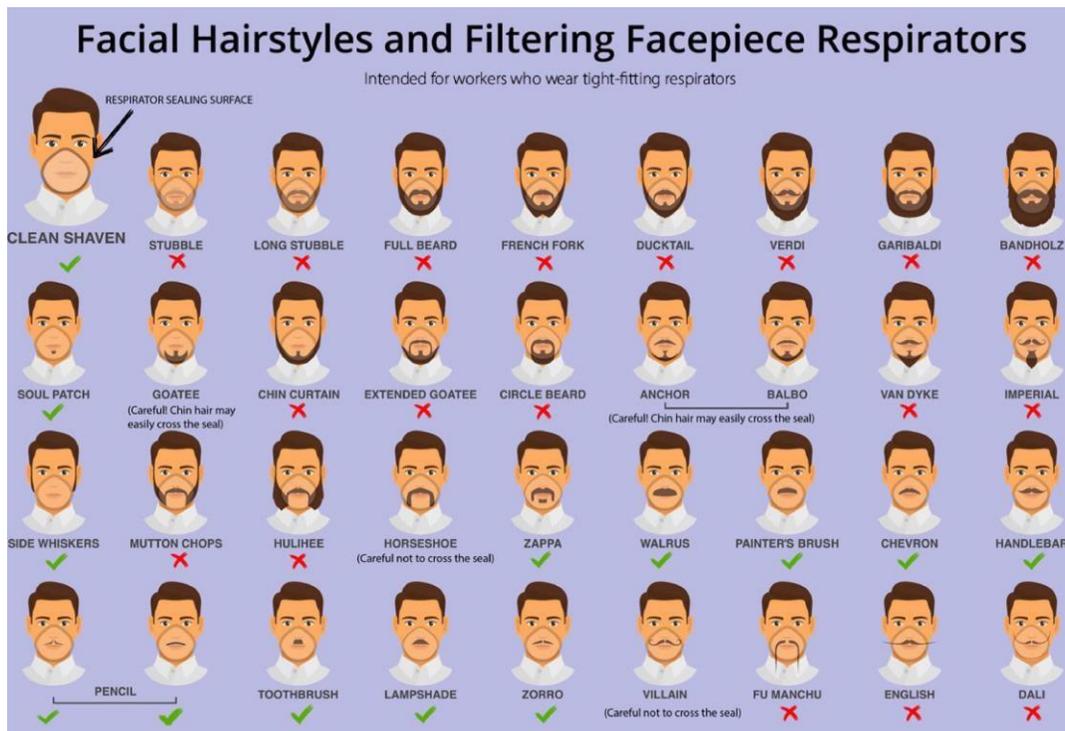


How to correctly use an N95 Mask along with other PPEs

1. Wash hands with soap and water
2. Put on your gown
3. Put on the mask correctly
4. Wear goggle, loupes and/or face shield
5. Put on your gloves

Putting on the N95 Mask correctly

1. **Trim your facial hair before wearing your mask, when possible.** If you know you need to wear an N95 mask, shave off all facial hair. It can get in the way of the mask and prevent a tight, sealed fit, which will compromise the effectiveness of the mask.



2. **Remove any clothing or jewelry that can get between the respirator and the face.** This includes body piercing, loose-fitting headtop/covering, earrings, etc.
3. **Wash your hands well before putting on your mask.** Use soap and water and dry your hands well so you don't get the mask wet. This will prevent you from accidentally contaminating your mask before you put it on
4. **Cup the mask in one hand and place it over your mouth and nose.** Place the mask in the palm of your hand so that the straps face the floor. Set it over your nose and mouth with the nosepiece fitting over the bridge of your nose. The bottom should go just under your chin. Try to touch only the outside and edges of the mask to keep it clean.
5. **Pull the bottom and top straps over your head.** If your mask has two straps, pull the bottom one over your head and secure it around your neck, just under your ears. Continue to hold the mask tightly against your face with the other hand. Then, pull the top strap over and set it above your ears



Correct*

Incorrect

6. **Mold the nose piece around the bridge of your nose.** Set your first 2 fingertips on either side of the metal nose clip at the top of your mask. Run your fingers down both sides of the strip, molding it along the bridge of your nose. If your mask doesn't have a nosepiece, simply make sure the fit is tight and snug around your nose.

Our thanks to Dr. Harunani for these instructions...



Checking the Seal and Removing Your Mask.

Breathe through the mask and test for leaks. Set both hands against the mask and take a breath to make sure that it seals against your face. Then exhale, feeling for any leakage from the nosepiece or around the edges. If you feel air leaking from the nose area, re-mold the nosepiece. If it's coming from the edges of the mask, adjust the placement of the straps on the sides of your head.

Removing the mask and storing it.

Remove your mask by pulling the straps over the top of your head. Without touching the front of the mask, pull the bottom strap over your head. Let it hang down over your chest. Then, pull the top strap over. You can either throw the mask away or store it in a clean, sealed container or bag. Avoid touching the mask itself, as it might be contaminated. Make sure that you thoroughly wash your hands after handling the mask.

Re-wear your mask as long as it stays dry and fits tightly.

- Seal has deteriorated and the mask does not fit tightly. Test the seal of your mask each time you put it on to make sure it still fits snugly.
- When the respiratory impedance increases significantly
- Contaminated masks (e.g. when contaminated with foreign bodies such as blood stains or droplets)
- Store your mask in a clean, sealed container or bag and make sure it doesn't get bent out of shape by surrounding objects.

Remember

- It is important to remember that respirators cannot eliminate the breathing in of all particles in the air and cannot eliminate the possibility of becoming sick. For your respirator to help reduce the number of particles you breathe, you need to make sure it fits right and that no gaps or leaks are detectable around the edge of the respirator.
- We need to minimize unnecessary contact with the respirator surface, strictly adhere to hand hygiene practices, and proper PPE donning and doffing techniques, including physical inspection and performing a user seal check. Some best practices include:
- Discarding N95 respirators contaminated with blood, respiratory or nasal secretions, or other bodily fluids from patients.
- Use a cleanable face shield over an N95 respirator and/or other steps (e.g., masking patients, use of engineering controls), when feasible to reduce surface contamination of the respirator.
- Use a ASTM level 1, 2 or 3 mask (depending on procedure) over an N95 respirator, when feasible, to reduce surface contamination of the respirator
- Hang used respirators in a designated storage area or keep them in a clean, breathable container such as a paper bag between uses. To minimize potential cross-contamination, store respirators so that they do not touch each other and the person using the respirator is clearly identified. Storage containers should be disposed of or cleaned regularly.
- Clean hands with soap and water or an alcohol-based hand sanitizer before and after touching or adjusting the respirator (if necessary for comfort or to maintain fit).
- Avoid touching the inside of the respirator. If inadvertent contact is made with the inside of the respirator, discard the respirator and perform hand hygiene as described above.
- Use a pair of clean (non-sterile) gloves when donning a used N95 respirator and performing a user seal check. Discard gloves after the N95 respirator is donned and any adjustments are made to ensure the respirator is sitting comfortably on your face with a good seal.
- Discard any respirator that is obviously damaged or becomes hard to breathe through.
- Pack or store respirators between uses so that they do not become damaged or deformed.
- Single wearer ONLY. Secondary exposures can occur from respirator reuse if respirators are shared among users and at least one of the users is infectious (symptomatic or asymptomatic). To prevent inadvertent sharing of respirators, make sure you label containers used for storing respirators or label the respirator itself (e.g., on the straps) between uses with the user's name to reduce accidental usage of another person's respirator.

<https://www.cdc.gov/niosh/topics/hcwcontrols/recommendedguidanceextuse.html>

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