HOW TO USE YOUR N95® RESPIRATOR

Wear Your N95® Respirator Properly So It Is Effective

- Your N95 respirator can help protect you against dust, wildfire smoke, and diseases that spread through the air such as influenza and COVID-19.

- A good seal is very important for N95 respirators to work well.

- If you are required to wear a respirator at work, talk to your employer about additional safety requirements.

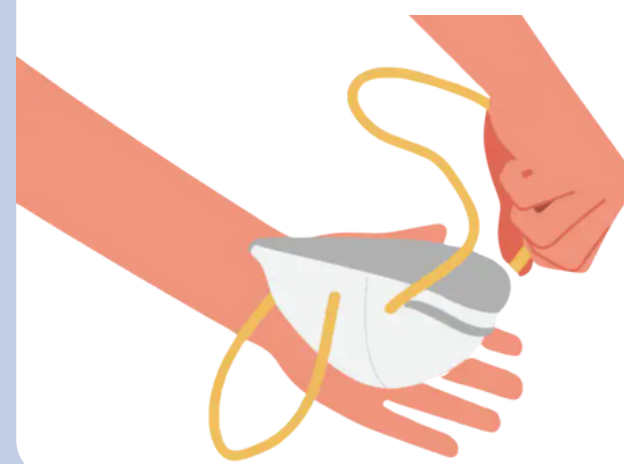**Scan the QR Code for a Video Tutorial**

1 Wash your Hands

It is best to put on your N95 respirator with clean, dry hands.

2 Check Your N95 Respirator

Always inspect the N95 respirator for damage before use. If it appears damaged, dirty, or damp, do not use it.
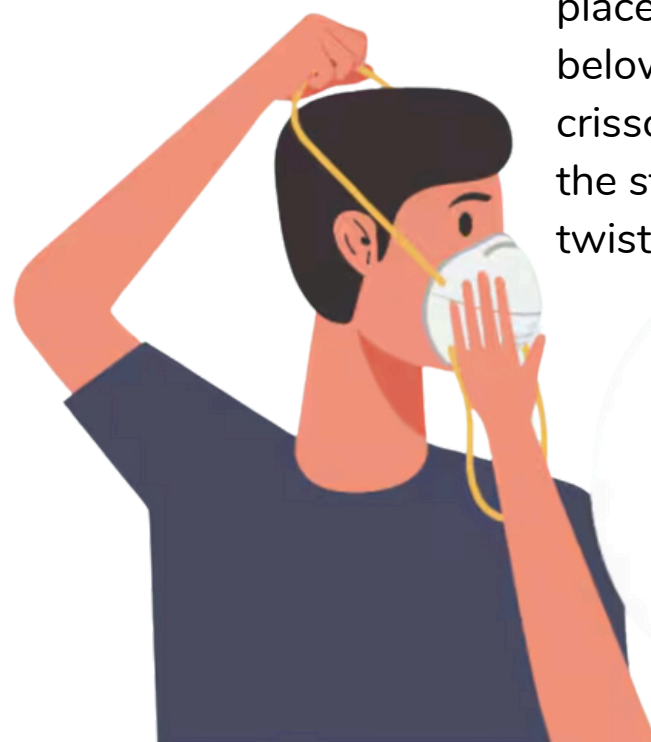
3 Put on the N95 Respirator

Place the N95 respirator under your chin with the nose piece bar at the top.

Pull the top strap over your head, placing it near the crown. Then, pull the bottom strap over and place it at the back of your neck, below your ears. Do not crisscross the straps. Make sure the straps lay flat and are not twisted.

Place your fingertips from both hands at the top of the nose piece. Press down on both sides of the nose piece to mold it to the shape of your nose.
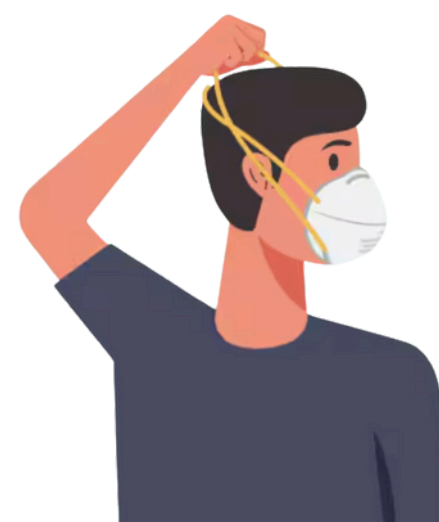
4 Keep Your N95 Respirator Snug

To ensure your N95 respirator functions effectively it needs to seal snugly to your face. **Being clean shaven significantly improves the seal.**

To check for gaps, cover the N95 respirator with your hands without pressing down and exhale gently. If air leaks out or glasses fog up, it's not snug. Adjust and retry. If you can't achieve a tight seal, try a different size or style. Check for gaps each time you wear it.

5 Remove the N95 Respirator

After you remove your N95, wash your hands with soap and water, or hand sanitizer.

Adapted from CDC/NIOSH 'How to use your N95 respirator,' May 2023 version