# General Instructions for Putting on an N95 Respirator (Mask)

These instructions must be followed each time the N95 mask is worn.

1. **Before accessing and putting on an N95 mask**
   - clean your hands.
   - *If wearing glasses, remove prior to putting on mask*

2. **Cup the mask in your hand with the metal nosepiece at your fingertips.**
   - Allow the elastic headbands (straps) to hang freely below your hand.

3. **Position the mask under your chin with the nosepiece up.**
   - Pull the top strap over your head resting it high at the top back of your head.
   - Pull the bottom strap over your head and place it around the neck below the ears.

4. **Using both hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.**

5. **SEAL CHECK.** The mask seal MUST be checked before each use.
   - To check the fit, place both hands over the mask and exhale.
   - If air leaks around your nose, adjust the nosepieces as described in step 4.
   - If air leaks at the mask edges, adjust the straps back along the sides of your head. Check again.

   *If you cannot achieve proper fit, DO NOT enter the isolation room. Check with the nursing staff.*

   *If wearing glasses, put them on*
# General Instructions for Taking off an N95 Respirator (Mask)

These instructions must be followed each time the N95 mask is taken off.

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Before taking off an N95 mask clean your hands.  &lt;br&gt; <em>If wearing glasses, remove prior to taking off mask.</em></td>
</tr>
<tr>
<td>2</td>
<td>Bend forward slightly and carefully remove the mask from your face by touching only the elastic headbands (straps)  &lt;br&gt; Without touching mask, pull bottom strap over head.</td>
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<tr>
<td>3</td>
<td>Without touching mask, pull top strap over head.</td>
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<tr>
<td>4</td>
<td>Throw mask into the garbage by holding it by the straps only.  &lt;br&gt; <em>If wearing glasses, put them on</em></td>
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<tr>
<td>5</td>
<td>Clean your hands.</td>
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</tbody>
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