

PUTTING ON AN N95 MASK

To reduce the spread of germs, sometimes you may want to use a mask. Here are some tips on how to use a mask.
These tips should be used only if your organization does not have a respiratory program.



1. Clean your hands with soap and water or hand sanitizer.



2. Take a mask from the box.



3. Hold the mask with the colored side or logo away from you.



4. Spread out the folds of the mask by pulling the top and bottom of the mask apart.



5. Put the mask over your nose and mouth.



6. Mold the hard section around the bridge of your nose without pinching to make it fit snugly.



7. Adjust the top strap for fit comfortably above the ears.



8. Adjust the bottom strap to fit comfortably below the ears.



9. This is how the mask should be securely positioned.

WEARING A MASK

If you touch the outside of the mask, you must clean your hands.
Perform a user seal check each time you use the mask.

TO DO A USER SEAL CHECK:

- Cover the mask with both hands without pinching the shape.
 - Inhale and exhale.
- If you feel air blowing at the edge of the mask, readjust it.
 - Do not share your mask with others.

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