

Using a

DISPOSABLE RESPIRATOR

Masks are NOT all the same

Three things matter:



Fit



Filter



Function

RESPIRATORS ARE THE BEST KIND OF MASK

They protect you *as well as* others.

Respirators have special materials to **filter** the air you **inhale and exhale** (see picture).

Note: These materials **do not** work well if wet or dirty.



Used properly, respirators will filter out **most particles in the air**.

Note: You need a different kind for vapours or gases.

Respirators **do not** have ear loops. They have **head straps** to provide a **better fit**.

WARNING: Beard or facial hair around mask edges prevents a good fit – allowing air leakage in and out.

Putting On

Put respirator on first, before anything else on head or neck (e.g. hat, scarf).

Take respirator from package.

Stretch out straps.

Hold with logo facing **UP**.

Open top and bottom flaps all the way.

Use thumb to gently shape nose piece.

Try not to touch inside of respirator.

Hold respirator so straps are on outside of hand.

Place respirator on face with metal nose piece on bridge (top) of nose.

Make sure bottom panel is snug at chin – tuck under first if helps.

Pull top strap over head, position high, **above** ears.

Pull bottom strap over head, **below** ears and against skin (i.e. under hair).

The respirator should sit comfortably on your face with flaps completely unfolded and securely in place.

Make sure nothing prevents a good fit or seal (i.e. hair, jewelry, clothing).

Use fingertips of both hands to press **metal nose piece** down both sides where nose meets cheeks – pinching the top can leave a gap.



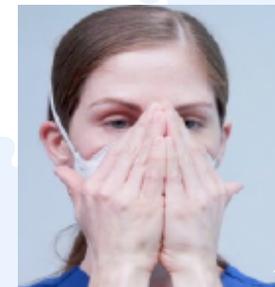
Checking Fit (Seal)

Cover mask with hands.

Breathe in and out quickly – being careful not to move respirator. If it doesn't have a good seal, you'll likely feel air escaping:

- Adjust metal nose strips if air leaks around nose (e.g. glasses fog up).
- Adjust head straps if air leaks from sides.

Check seal each time you put on a respirator.



Taking Off

Pull bottom strap carefully over head, followed by **top strap**.

Touch straps only as particles might be on outside filter material.

Discard or store safely.

Wash hands with soap and water or hand sanitiser.

Re-using

These are **disposable** respirators – but can be re-used if clean, dry and in good condition.

Cycle over 4 or 5 days, storing in numbered paper bags.



Remember – If it's wet or dirty, it won't work properly.

Use respirator recycling program or put respirator in garbage when finished with it.

For more information on respirators use, watch **The Genius of N95 Masks**

English: <https://bit.ly/3Hj2u62>

Spanish: <https://bit.ly/3GgEMpK>

Prepared by the US Occupational Safety and Health Administration (OSHA)