

# Wear It Right

## Donning & Doffing your N-95 Respirator

### 1 PREPARE TO USE YOUR RESPIRATOR



Wash hands thoroughly with soap & water or hand sanitizer

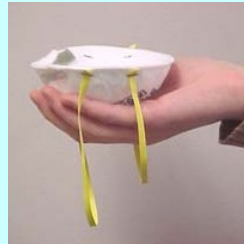


Inspect respirator for holes, tears or other damage



If you wear glasses, remove them before putting on respirator

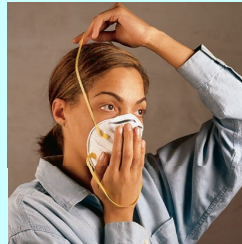
### 2 PLACING THE RESPIRATOR ON YOUR FACE



Cup the respirator in your hand, allowing the headbands to hang freely



Place respirator against your face covering your nose and chin.



Pull the top band over and place it high at the top back of your head



Next pull the bottom band over your head to the base of the neck



Depress the nose strip on both sides with two hands to fit snugly.

### 3 CHECK THE RESPIRATOR-TO-FACE SEAL



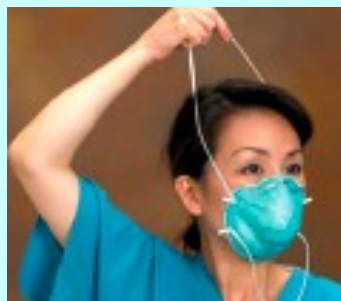
**ALWAYS CHECK THE SEAL AFTER PLACEMENT.** Completely cover the outside of the respirator with both hands (do not push it into face), and exhale sharply. If you feel air blowing on your face or eyes, readjust the mask and repeat the seal test. Return glasses to face if applicable.

**NOTE:** A proper seal may not be achieved if there is substantial facial hair. If required to wear a mask for airborne precautions, employees should be clean-shaven for their own safety and protection .

### 4 REMOVING THE RESPIRATOR FROM YOUR FACE



Lift the bottom strap up over your head. Don't touch the respirator.



Lift the top strap up over your head. Don't touch the respirator.



Hold straps away from body & dispose per IPAC guideline



Wash hands thoroughly with soap & water / hand sanitizer