

Best Practices for Wearing an N95 Filtering Facepiece Respirator

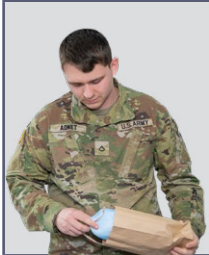


<https://www.cdc.gov/coronavirus/2019-ncov/hcp/n95-other-respirators.html>



- When use is required by the employer for workplace exposures, the employee **MUST** be enrolled in the installation Respiratory Protection Program. As part of the Respiratory Protection Program, the employee must be evaluated for medical clearance, fit-tested for the specific brand and size respirator to be used, and trained in proper respirator use.
- When use is not required, individuals may choose to wear N95 or other filtering facepiece respirators to help protect against exposure to diseases or environmental concerns (wildfire smoke, etc.).
- While wearing N95, ensure flexible nose piece (the flexible metal band at top of N95) is firmly molded against bridge of nose.
- Do not wear if its hard to breathe or you feel faint or light headed.
- Facial hair makes it hard for any mask to fit well.
- To work properly, the N95 must cover nose and mouth at all times.
- Do not eat or drink when wearing N95.

Donning N95



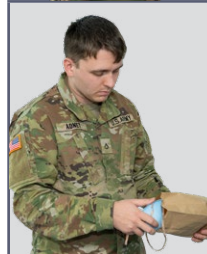
1. Properly wash hands or use hand sanitizer.
2. Use correct size N95 from fit-test.
3. Check N95 for tears and ensure bands are in good condition.
4. Prior to donning, slightly bend the flexible nose piece into a broad "U" shape.
5. Hold N95 against face - nose piece against bridge of nose - bottom of N95 below your chin.
6. Pull the elastic bands over your head.
7. Place lower elastic band at the base of head, on neck.
8. Place upper elastic band in middle back or crown of head.
9. Press flexible nose piece against your nose; ensure that it fits tightly.
10. Adjust N95 as needed to ensure a seal.



Doffing N95



1. Consider the front of the N95 contaminated – **DO NOT TOUCH!**
2. Grab upper elastic band, move over head and away from face – continue to hold the band down while conducting next step.
3. With other hand, grab lower elastic band; move over head.
4. Pull N95 away from face.
5. Dispose of N95 in proper household waste container or store in paper bag.
6. Properly wash hands with soap and water. Ensure minimum of 20 seconds of scrubbing hands, fingers, between fingers, back of hands and under nails prior to rinsing in warm water. If running water is unavailable, use hand sanitizer.



For current COVID-19 information:
<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
 Call 1-800-874-2273 option #1
 or visit <https://www.health.mil/1-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health



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