

## HOW TO PROPERLY PUT ON (DON) AND TAKE OFF (DOFF) A DISPOSABLE RESPIRATOR

During an emergency event where, disposable respirators have been made available, below are instructions on how to properly fit an N95 or other types of disposable respirators.

### Putting On The Respirator



Position the respirator in your hands with the nose piece at your fingertips.



Cup the respirator in your hand allowing the headbands to hang below your hand. Hold the respirator under your chin with the nosepiece up.



The top strap (on single or double strap respirators) goes over and rests at the top back of your head. The bottom strap is positioned around the neck and below the ears. Do not



Place your fingertips from both hands at the top of the metal nose clip (if present). Slide fingertips down both sides of the metal strip to mold the nose area to the shape of your nose.

### Checking Your Seal<sup>2</sup>



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.



If air leaks around the nose, readjust the nosepiece as described. If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is achieved.



Remove by pulling the bottom strap over back of head, followed by the top strap, without touching the respirator.



Discard in waste container.  
**WASH YOUR HANDS!**