



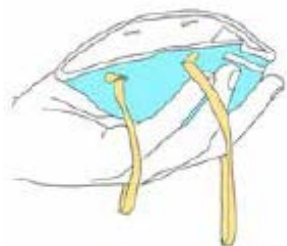
Quick Reference Guide: Putting on and removing your disposable respirator

For N95 users, the respirator must be discarded after each use. When discarding the respirator, handle it by the straps. Always follow the manufacturer's instructions.

Prior to wearing your respirator

Select respirator for which you have been fit-tested. Do not allow N95 to hang or dangle around the neck.	Ensure any adjustments to the respirator are performed away from the contaminated work area
Perform hand hygiene before donning respirator. Perform hand hygiene after removing the respirator.	Remove the respirator correctly and discard on removal into an appropriate receptacle (handle by the straps).
Perform a seal-check each time a respirator is applied.	If air leaks out around the nosepiece, mold it more closely to your nose.
Change respirator if wet or soiled. Change respirator if breathing becomes difficult.	Do not fold the respirator or put it in a pocket for later use.

Putting on your respirator (e.g. N95)



1. Cup the respirator in your hand with the nosepiece at your fingertips.



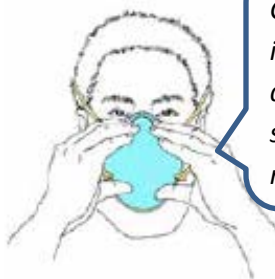
2. Hold the respirator over your nose, mouth, and chin with one hand.



3. Using your other hand, position the top strap over your head and above your ears.

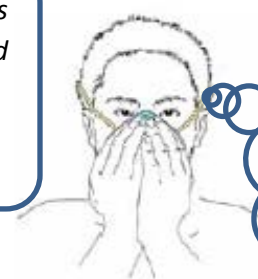


4. Place the bottom strap behind your head and below your ears.



5. Using the fingertips of both hands, mold the nosepiece to the shape of your nose.

Gently press inwards and down the sides of the nosepiece.



6. Perform a seal check by covering your respirator with both hands.

When you inhale N95 will collapse slightly. When you exhale you should feel no air escaping.