







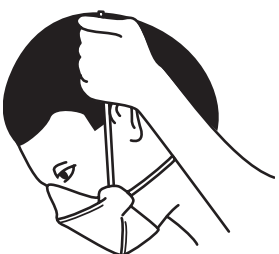


# Donning and doffing N95 masks

Ensure you are only using the mask for which you have been fit tested.  
Please note that facial hair will obstruct proper sealing of the N95 mask.

Instructions for Donning	Image	What
<b>1 – Hand Hygiene</b>		<b>Clean hands and fingers thoroughly</b> with alcohol-based rub
<b>2 – Preparing the mask</b>		a) For masks without flaps: <ul style="list-style-type: none"><li>• Cup mask in your hands, with straps hanging underneath. Make sure the metal strip faces up towards your nose.</li></ul> b) For masks with flaps: <ul style="list-style-type: none"><li>• Open flaps using thumbs to hold straps to each side. Form cup shape with mask.</li></ul>
<b>3 – Mask and strap placement</b>		Lift chin to place mask on face Place chin in as far as possible <b>Bottom strap first:</b> <ul style="list-style-type: none"><li>• Place strap on neck below hairline.</li><li>• Ensure strap is on bare skin only – no loose hairs</li><li>• Lift long hair over strap</li></ul> <b>Top strap next:</b> Place strap on the crown of your head.
<b>4 – Fitting mask to face</b>		Do not grasp straps Hold the material on the sides of mask located between the two straps Adjust mask so metal nosepiece is on hard bridge of your nose
<b>5 – Check: no folds</b>		Check if mask is properly formed to face Ensure no folds by running fingers along edges of mask

Instructions for Donning	Image	What
<p><b>6 – Sealing mask to face</b></p>		<p><b>First seal:</b> Place both middle fingers on metal nosepiece Press index fingers along edge of mask to mould the metal nosepiece along top and sides of nose and onto cheeks.</p> <p><b>Final seal:</b> Repeat pressing index fingers with more pressure especially along side of nose</p>
<p><b>7 – Air seal check</b></p>		<p><b>First check:</b> Place both hands at eyebrow level without touching mask Exhale quickly once If air escapes the mask and hits palm of hand, adjust the mask</p> <p><b>Next checks:</b> For sides of face and under chin, place your hands in these locations and exhale once quickly. Adjust as necessary Mask is sealed when air does not escape</p>

Instructions for Doffing	Image	What
<p><b>1 – Hand Hygiene</b></p>		<p><b>Clean hands and fingers thoroughly</b> with alcohol-based rub</p>
<p><b>2 – Removal</b></p>		<p>Lean over, grab the bottom strap at the base of your neck and pull over the top of your head letting the strap fall below your chin. Grab the top strap at the back of your head and carefully remove over your head and away from your face. Take care to never touch the front of the mask.</p>