HOW TO USE YOUR N95 FACE COVERING

Wear your N95 properly so it is effective. N95s must form a seal to the face to work properly. This is especially important for people at increased risk for severe disease. Wearing an N95 can make it harder to breathe. If you have heart or lung problems, talk to your doctor before using an N95.

Some N95s may contain latex in the straps. If you have natural rubber latex allergies, see the manufacturers’ website for information about your specific model.

Respirators are an effective method of protection against designated hazards when properly selected and worn.

1. Wash Your Hands
   - It is best to put on your N95 with clean, dry hands.

2. Check Your N95
   - Always inspect the N95 for damage before use. If it appears damaged, dirty, or damp, do not use it.

3. Put on the N95
   - Hold the N95 in your hand with the nose piece bar (or foam) at your fingertips. If yours does not have a nose piece, use the text written on it to be sure the top end is at your fingertips.
   - Place the N95 under your chin with the nose piece bar at the top.

4. Secure the N95
   - Pull the top strap over your head, placing it near the crown. Then, pull the bottom strap over and place it at the back of your neck, below your ears. Do not cross the straps. Make sure the straps lay flat and are not twisted.

5. Keep Your N95 Snug
   - Place your fingertips from both hands at the top of the nose piece. Press down on both sides of the nose piece to mold it to the shape of your nose.
   - To check for gaps, gently place your hands on the N95, covering as much of it as possible, then breathe out. If you feel air leaking out from the edges of the N95, or if you are wearing glasses and they fog up, it is not snug. Adjust the N95 and try again.
   - Even if you cannot get the N95 sealed against your face, it will provide protection that is likely better than a cloth mask. Check for gaps every time you put on your N95.

6. Remove the N95
   - After you remove your N95, wash your hands with soap and water, or hand sanitizer containing at least 60% alcohol if soap is not available.

SCAN THE CODE FOR ADDITIONAL INFORMATION AND GUIDANCE ON USING YOUR N95