

HOW TO WEAR AN N95

6 steps to a tight seal



1

WASH YOUR HANDS

Clean hands before you touch the mask.



2

CHECK THE MASK

No tears or dents. Straps OK. Wrong size? Tell your supervisor.



3

CUP AND PLACE

Hold it in your palm. Cover nose, mouth and chin.



4

FIX BOTH STRAPS

Top strap high on the back of your head. Bottom strap at the neck, below the ears.



5

SHAPE THE NOSE CLIP

Press with fingertips of BOTH hands. Don't pinch with one hand.



6

SEAL CHECK

Cover the mask, breathe out and in. Leaking? Adjust and check again. Still leaking? Tell your supervisor.



Beard or stubble = air leaks



Change when wet, dirty or damaged



Surgical masks don't stop haze