

# Proper use and care of Respirator Masks

## Application



Sanitize or wash your hands thoroughly before putting on and taking off the respirator.



Cup the respirator in your hand with the nosepiece at fingertips, allowing the head straps to hang freely below hand.



Position the respirator under your chin with the nosepiece up.



While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head.



While continuing to hold the respirator firmly in place, pull the bottom strap over your head and position it around your neck, below your ears. Untwist the straps. Position the respirator low on your nose.



Using both hands, mold the nosepiece to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece. Note: Always use two hands when molding nosepiece. Pinching with one hand may result in improper fit and less effective respirator performance.



### Perform a User Seal Check.

Check the seal of your respirator each time you use the respirator.

To perform the user seal check, place both hands completely over the respirator, being careful not to disturb the position, and exhale sharply. If air leaks around your nose, adjust the nosepiece as described in step 6. If air leaks at respirator edges, adjust the straps back along the sides of your head. Perform seal check again if an adjustment is made. If you cannot achieve a proper fit, see your supervisor. Do not enter area requiring respirator use. If you cannot achieve a proper fit and need assistance, contact Public Health Nurses - 29110.

## Removal



Without touching the respirator, slowly lift the bottom strap from around your neck up and over your head.



Lift off the top strap. Do not touch the respirator.



Store or discard according to your facility's infection control policy.