

# THE DO'S + DON'TS OF WEARING N95 RESPIRATORS



ROUTINE PRACTICES & ADDITIONAL PRECAUTIONS



N95 respirators are a tight fitting mask, that when properly fitted to the face, protects the wearer from very small particles that float in the air.

N95 respirators are most often used by healthcare workers when caring for or in contact with patients with suspected or confirmed tuberculosis, measles or chicken pox.

## FIT TESTING

Before wearing an N95 mask, healthcare workers in NSHA must complete fit testing using the N95 respirator they will use.

NSHA fit testing program is provided through Occupational Health, Safety & Wellness.



## DO'S

- Wear N95 Respirator when caring for or in contact with patients on Airborne Precautions OR for aerosol-generating medical procedures (AGMPs) on patients with a novel or emerging pathogen
- Follow manufacturer's instructions for donning and removal of respirator
- Check to make sure respirator has no defects, such as tears, holes or torn straps
- Perform hand hygiene before and after removing respirator
- Complete a 'fit or seal check' every time you wear a respirator to ensure a tight seal
- Remove mask when no longer in-patient room/clinical space
- Remove respirator correctly — tilt head forward & remove by pulling bottom strap over back of head, followed by top strap without touching front of mask — pull away from face in downward motion
- Discard respirator in waste receptacle

## DON'TS

- Don't wear a mask that you have not been fit tested for
- Don't reuse! Discard after use
- Don't wear if wet or soiled, put on a new respirator
- Don't allow respirator to hang or dangle around your neck
- Don't touch the front of the respirator when wearing or during removal
- Don't let patients or visitors wear respirators unless they have been fit — tested to wear it