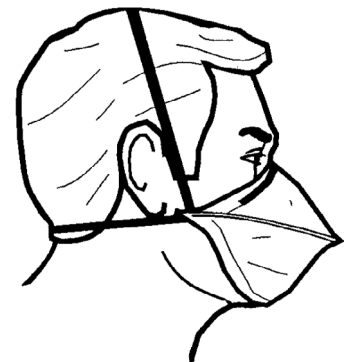


How to Wear a N-95 (Respirator) Face Mask

The N-95 face mask can be worn to help reduce the risk of infection. This type of mask protects you from breathing in very small fine particles that may be harmful. Your doctor or nurse will tell you when you should wear this type of face mask. You should not wear this mask over facial make-up or facial hair, as it may cause the seal of the mask to be less secure.

To get the best protection, follow these steps to put on a N-95 mask.

1. Wash your hands with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.
2. Closely check the N-95 mask for any damage. If it appears to be damaged, dirty, or damp, do not use it.
3. Pull the edges of the mask apart to fully open it.
4. Bend the nose wire to form a gentle curve.
5. Separate the two rubber headbands using your thumbs and index fingers.
6. Cup the bottom of the mask under your chin.
7. Pull both headbands up over your head.
Place the lower headband at the lower part of your neck. Place the upper headband at the top or crown of your head.
8. Squeeze the wire nosepiece to fit your nose.
Adjust the lower edges until you have a good **snug** fit over your mouth and nose. **You should not feel any air leaking between your face and the mask.**



This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

9. To check the mask for a good fit:

- ▶ Breathe in and out several times with force while you have the mask on. The mask should collapse slightly when you breathe in and expand when you breathe out.

- **To remove a N-95 mask:**

1. Remove the mask by holding the elastic straps at the top and back of your head.
2. Do not touch the front of the mask.
3. Throw the mask in the trash.
4. Wash your hands with soap and water for 20 seconds or use alcohol-based hand sanitizer.

For more information about how to wear a mask to prevent an infection visit go.osu.edu/facemask or scan the QR code below.

