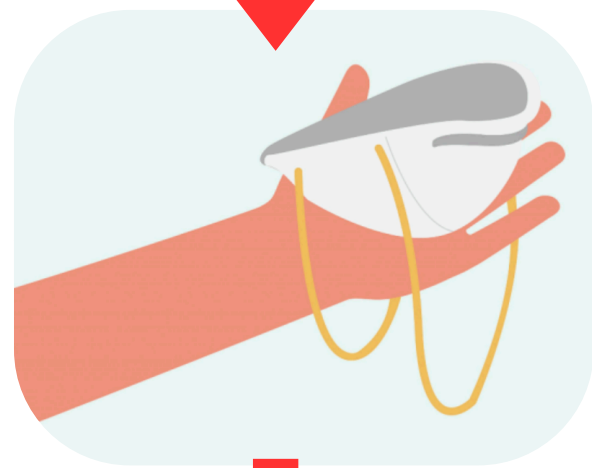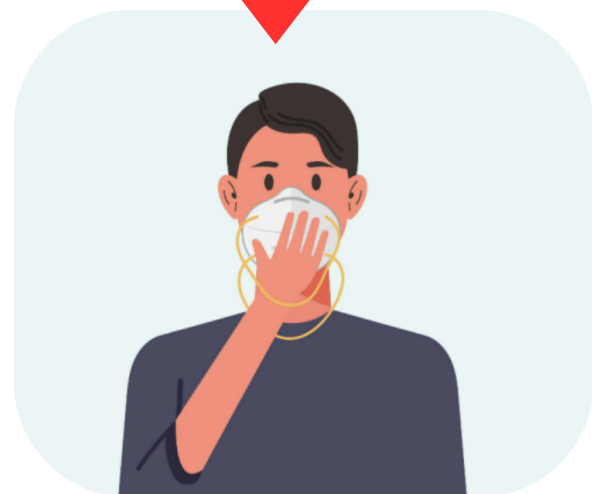# Donning a N95 Respirator & Performing a Seal Check Test

- **Clean your hands** before accessing and putting on a N95 mask

- Check the N95 respirator for any damage before use
- Do not use if the respirator is damaged, dirty, or wet

- Hold the mask in your hand
- Place the metal nosepiece at your fingertips
- Let the elastic straps hang freely below

- Position the mask under your chin
- Ensure the nosepiece is facing up

- Place the top strap over your head, resting it on the crown of your head
- Put the bottom strap around your neck, just below your ears

- Gently press the nosepiece with both hands
- Shape it to fit your nose by pushing inward
- Slide your fingertips down each side of the nosepiece

Adapted from: Center for Disease Control (CDC) & Alberta Health Services

Seal Check

An N95 seal check must be performed before each use. If you cannot achieve a proper seal, **do not** enter the isolation room.

How to Seal Check your N95

- Check for gaps by gently placing your hands on the N95 respirator, covering as much of it as possible
- Breathe out
- If you feel air leaking from the edges or your glasses fog up, the respirator is not sealed
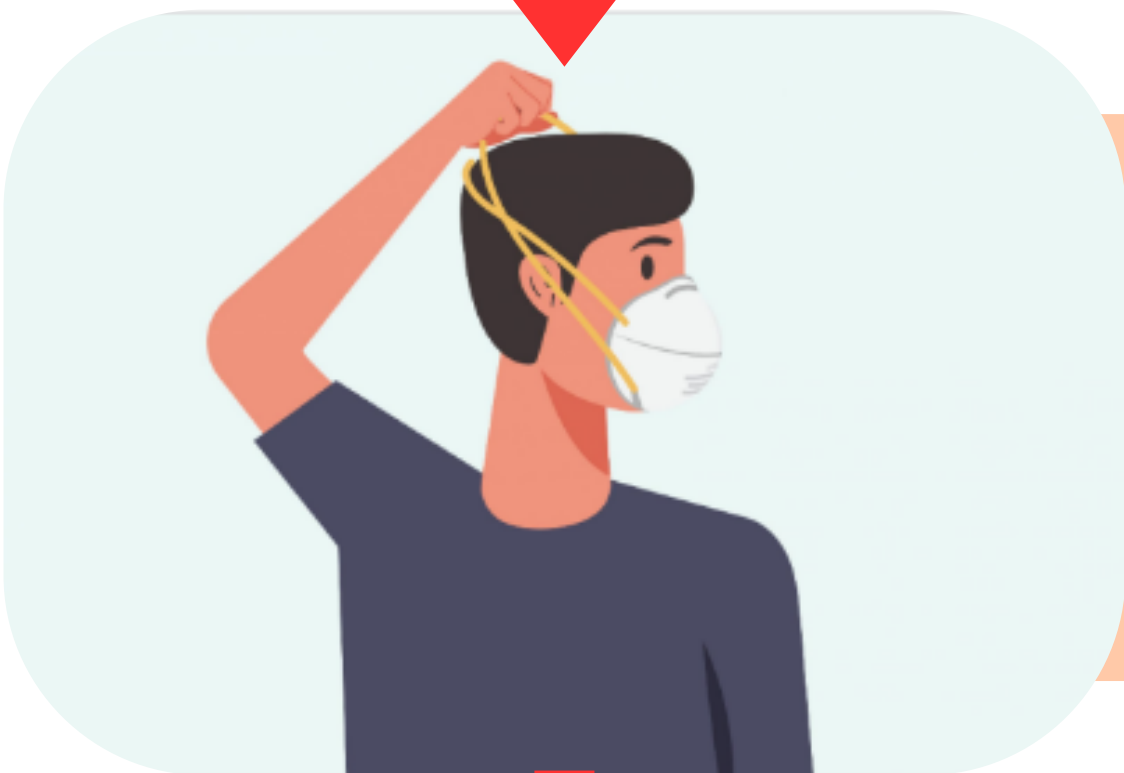- Adjust the respirator and try again

References:
- Centers for Disease Control and Prevention. (2023, May 16). How to use your N95 respirator. Centers for Disease Control and Prevention. https://www.cdc.gov/niosh/topics/publicppe/use.html
- General instructions for putting on an N95 respirator mask. (n.d.). https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-n95-respirator-general-info-cc.pdf
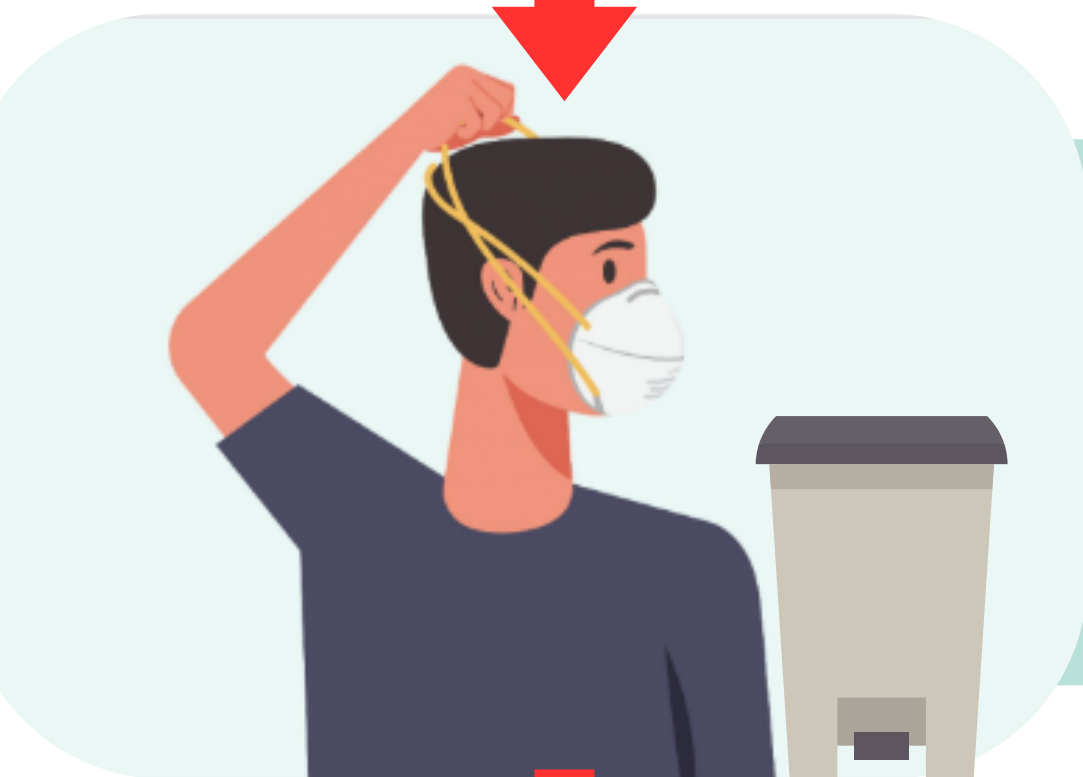
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Doffing a N95 Respirator

- Before taking off an N95 mask clean your hands
- If wearing protective eyewear, remove prior to taking off mask

- Bend forward and remove the mask by only touching the elastic straps
- Pull the bottom strap over your head, then the top strap

- Dispose of N95 in garbage

- After you remove your N95, clean your hands with hand sanitizer or soap and water if your hands are visibly soiled

Adapted from: Center for Disease Control (CDC) & Alberta Health Services

References:
- Centers for Disease Control and Prevention. (2023, May 16). How to use your N95 respirator. Centers for Disease Control and Prevention. https://www.cdc.gov/niosh/topics/publicppe/use.html
- General instructions for putting on an N95 respirator mask. (n.d.). https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-n95-respirator-general-info-cc.pdf

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