

## Considerations for the use of N-95 respirators by the general public for the prevention of COVID-19.

### What to know about N95s

- Filter up to 95% of particles in the air when approved by NIOSH and proper fit can be achieved. No guarantee will be as effective without a fit test.
- Seal tightly to the face when fitted properly. Will not fit properly with any facial hair.
- Since N95 respirators form a seal to the face, they may feel harder to breathe through than a cloth mask. Anyone with heart or breathing problems should not wear it. Do not use during extended periods of high intensity exercise or physical exertion.
- N95 respirators cannot be washed. They need to be discarded when they are dirty, damaged, or difficult to breathe through.

### When wearing an N95, be sure to

- Use two straps that go around the head (not the ears)
- Use the formable wire nose bridge to get a tight fit using both hands
- Do a user seal check as noted on the other side

N95 masks will provide more protection than gators, cloth masks and surgical masks but without a certified fit test there is no guarantee that it will provide the same protection as used by health care workers. Therefore, please think of it as a really good mask that offers better protection than other types of masks and can be used in certain situations or for certain people that put you at greater risk for COVID-19.

- Crowded areas such as stores, public transport, sports events, gyms & large social gatherings
- Caring for someone with COVID-19
- Medical conditions that put you at greater risk for COVID-19
- Unvaccinated or immunocompromised

### Consideration for children

Parents and caregivers may have questions about N95 respirators for children. Although N95 respirators may be available in smaller sizes, they are typically designed to be used by adults in workplaces, and therefore have not been tested for broad use in children. Masks and respirators should not be worn by children younger than 2 years old.



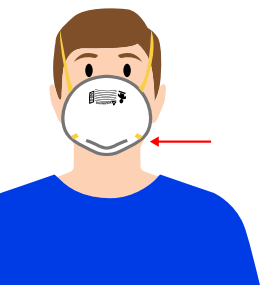
# The Dos and Don'ts of Wearing a Respirator

Respiratory protection products, such as N95 disposable respirators, can help reduce your exposure to airborne particulates of all sizes, from large visible dust to particles that can't be seen, such as viruses. When worn correctly, N95 respirators can help filter at least 95% of certain airborne particles, including viruses and bacteria. For this to work, you need a tight seal of the respirator to reduce contaminated air from entering around the edges. To ensure a proper fit, you need to wear it the right way.

Follow this simple guide to help you put on and wear a 3M™ disposable respirator correctly.

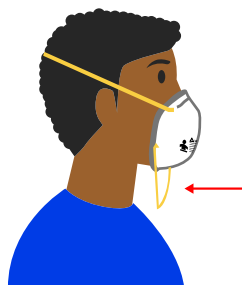
Always read and follow product-specific user instructions.

## Don't



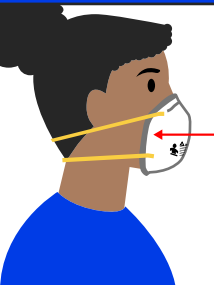
### Don't wear the respirator upside down

The metal nose clip helps you create a custom, secure seal around the nose. If this is near your chin, the respirator won't make a tight seal to your face.



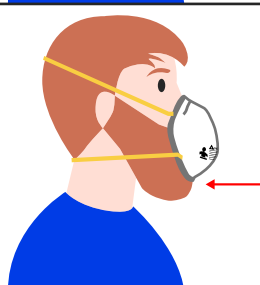
### Don't wear just one strap

Wearing the respirator with only one strap doesn't provide a tight seal and fit.



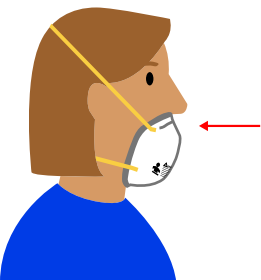
### Don't wear both straps above or below ears

Wearing the respirator with both straps above or both straps below your ears also doesn't provide a tight seal and fit.



### Don't wear it with facial hair

Sorry, bearded beauties. Beards, long mustaches and even stubble will cause leaks into the respirator. To help achieve a good seal, user must be clean shaven.



### Don't only cover your mouth

For proper protection, you need to cover both your nose and mouth. If you only cover your mouth, then you risk breathing in hazardous particles through your nose.



### Don't pinch the respirator's nosepiece with one hand

A pinched nose clip won't fit as well and can result in a gap at the bridge of the nose. The nose clip should follow the curves of your nose and cheeks.

## Do This



- Wear your respirator with the metal nose clip on top to help achieve a secure seal and fit.
- The respirator must cover your nose and mouth completely.
- Make sure to use both straps: the upper strap should be positioned on the crown of the head; the lower strap positioned below the ears.
- Straps shouldn't be twisted.
- Once respirator is placed on your face, use fingertips from both hands to mold the nose clip to the shape of your nose.
- Do this by moving your fingertips down both sides of the nose clip.

### Always perform a user seal check to help ensure you have a proper seal.

To check the respirator-to-face seal, place both hands completely over the respirator and inhale sharply. Be careful not to disturb the position of the respirator. A negative pressure should be felt inside the respirator. If air leaks around nose, readjust the nose piece. If air leaks at the respirator edges, work the straps back along the sides of your head. If you cannot get a secure seal, look for another respirator model that fits you correctly.

*\*If you have questions, call the 3M technical service helpline at 1-800-243-4630 or in Canada 1-800-267-4414.*

**DIY/Home Use:** Use ONLY in NON-HARMFUL environments.

**Occupational/Hazardous Use:** Use under a regulated government (e.g. OSHA) respiratory protection program.

**WARNING:** Limitations apply. Misuse may result in sickness or death. See product packaging and insert, or call 3M in USA at 1-800-243-4630. In Canada, call 1-800-267-4414.

Straps need to be positioned correctly

Form nose clip with two hands.



User seal check

