

# Tips for Wearing a 3M N95 Disposable Cup-Shape Respirator

N95 respirators are effective at helping reduce the wearer's exposure to airborne particles such as dusts and mists, but only if they're worn correctly. Follow these tips to put on, take off and wear your 3M respirator.



## Things to Keep in Mind

### Respirator On First

Respirators should be put on first before putting on a hat, eyewear or earmuffs. The straps should be directly against your head.

### Pay Attention to Strap Placement

The position of the straps is critical to help create a proper seal of the respirator to your face. A typical N95 respirator design will instruct the top strap should be placed above your ears high on the back of the head, and the bottom strap should sit below your ears around your neck. Straps should never be crisscrossed, twisted or looped around your ears. Wearing the head straps as stated in the model specific user instructions is necessary for a secure fit.

### Do Not Pinch the Nosepiece

Pinching the nosepiece with one hand can result in a poor fit on the bridge of the nose, potentially allowing contaminated air to leak in through the gap when you breathe in, and could cause fogging of eyewear when you breathe out. Instead, use your fingers from both hands to completely mold the nosepiece to your face.

### Try Different Respirators

There are many different types of disposable respirators that have a variety of features, such as more comfort, easier breathability, adjustable straps, exhalation valves for easier breathing, and different sizes. If you do not find one very comfortable or you do not get a good seal with one, try another model.

### Beware of Facial Hair

Facial hair such as a beard can compromise the seal between your 3M N95 respirator and your face, which may reduce its effectiveness. Even stubble can have an effect on the respirator seal. You must be clean shaven when using respirators. However, facial hair entirely within the respirator cup (e.g., a small goatee or mustache that doesn't interfere with the respirator seal) is OK.

### Secure Long Hair

Long, dangling hair can also pose problems with strap fit at the back of the head or with the seal to the face. Hair should be secured in a ponytail or bun between the upper and lower straps.

### Remember the 3 Ds

If your respirator becomes dirty, damaged or difficult to breathe through, it should be discarded and replaced. Any N95 respirator that has come into contact with virus particles should be carefully removed and appropriately handled after use.

### Be Mindful of Shelf Life

Do not use your respirator past its shelf life, typically 3 to 5 years from date of manufacture. The expiration date can be found on packaging. Respirators should be stored according to the storage instructions, including at temperatures no colder than -4 degrees F (-20 degrees C), no hotter than 86 degrees F (30 degrees C), and a relative humidity of less than 80%.

## Tips to Put It On Properly



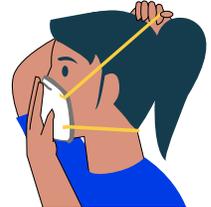
### Place on Face

To start, cup the respirator in your hand with the nosepiece at your fingertips, allowing the headband straps to hang freely below your hand. Put the respirator up to your face with the nosepiece over the bridge of your nose.



### Position Straps

While holding the respirator in place, pull the top strap over your head so it rests high on the back of your head and above your ears. Next, pull the bottom strap over your head and place it around your neck just below your ears. Untwist the straps.



### Form the Nosepiece Correctly

To get a good seal around the nose, you need to mold the nosepiece carefully to help prevent air leakage. To do this, use two fingers from each hand to mold the nosepiece to the shape of your nose. Push inwards and down while moving your fingers down both sides of the nosepiece.



### Check the Seal

To perform a User Seal Check, cover the respirator with both hands and, for non-valved respirators, exhale sharply; for valved respirators, inhale sharply. Be careful not to disturb the position of the respirator. No air leaks should be felt between the face and the respirator edges. If air does leak, readjust the nosepiece, work the straps back along the sides of your head and repeat the seal check. If you cannot achieve a proper fit without air leaks, try another respirator model.



## Take It Off Properly



### How to Take Respirator Off

To remove, cup the respirator in one hand to hold it on your face. With your other hand, pull bottom strap overhead, then pull top strap overhead and remove respirator.

An alternative way to remove the respirator without touching it is to first pull the bottom strap over your head and then pull the top strap over your head.



*\*If you have questions, call the 3M technical service line in the U.S. call 1-800-243-4630 and in Canada call 1-800-267-4414.*

Always read and follow product-specific user instructions.

**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.