

## Effectively Using N95 Respirators

- An N95 respirator (mask) must be fit tested according to the manufacturer's recommendations and specialized training is required before they can be used.
- To check the seal on disposable respirators, cup your hands over the respirator and exhale. Check for leakage around the seal around your face, particularly around your nose. Where the respirator touches their face, men must be clean shaven.
- The respirators can be worn for a full eight hours, unless other infection control measures dictate their disposal. However, N95 respirators should be changed if they become wet; contaminated by patient secretions; interfere with breathing; or are damaged.
- Respirators, like all personal protective equipment should be discarded once you have left an individual patient room or patient care area.
- *When discarding the mask:* Wash your hands prior to handling the mask. Carefully remove your mask using the straps. Discard. Wash your hands after handling the mask.
- Review your training and the CSA Z94.4-02 Selection Use and Care of Respirator Standard.

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