

FACT SHEET – N95 RESPIRATORS

You have been medically evaluated and fit tested to wear an N95 respirator during the COVID-19 pandemic. This handout serves as refresher information for the use, handling and disposal of the N95 respirators (“N95”).

REMINDER: You must be fit tested and answer a medical questionnaire before wearing an N95. If you have not done this, STOP and contact Environmental Health and Safety (EHS) at 517-355-0153 before wearing one.

PUTTING ON AN N95 - DONNING

Wash your hands. Ensure the respirator is fully open/unfolded as necessary. Secure the elastic bands at the middle of the head and neck, making sure the N95 fits snug to face and below chin. Fit the flexible band to the bridge of your nose, form to the nose bridge do not pinch! Now perform both a negative and positive pressure check.

Negative pressure check: Place both hands completely over the N95 and inhale sharply -the respirator should pull into your face. If you feel air leaks, adjust the nosepiece and straps and repeat the positive pressure check.

Positive pressure check: put your hands over the N95 and breathe out sharply. Also cover the exhalation valve (if your N95 has one). If you feel air leaks, adjust the nosepiece and straps. Repeat the negative pressure check.

WHEN TO THROW OUT THE N95 MASK - DOFFING

Get a new N95 respirator if the old one becomes wet or dirty on the inside, is torn or deformed, or you encounter a patient with an active infection. An N95 cannot be cleaned or disinfected; dispose of it in a biohazard waste container, along with other potentially contaminated gloves, gowns, etc.

It's important to take off a used N95 correctly so you don't contaminate yourself. **Do NOT touch the front of the respirator due to heavy contamination.** First, tilt your head forward. Then, use two hands to grab the bottom strap, pull to the sides, then over your head. Next, use both hands to grab the upper strap, pull to the sides, then over your head. Keep tension on the upper strap as you remove it, which will let the mask fall forward. Dispose of it in a solid, biohazardous waste container. **Wash your hands!**

QUESTIONS

The MSU Office of Environmental Health and Safety, in partnership with the Office of the University Physician (UPhys) manages the respiratory protection program at MSU. If you have medical questions, please call UPhys (517-353-8933). Call MSU Office of Environmental Health & Safety at 517-355-0153 with questions regarding use and disposal of N95 respirators. MSU EHS is available 24 hours a day, 7 days a week to answer time-sensitive questions about respiratory protection and infection control.