

TIPS FOR WEARING YOUR N95 Mask



Well-fitting, high-quality masks are critical public health tools for preventing the spread of COVID-19.

When it fits well and is worn consistently, an N95 offers the highest level of protection against the spread of COVID-19 as compared to other masks.

Should I wear an N95 mask?

You should wear the most protective mask you can that fits well and that you will wear consistently. All masks provide protection and higher-grade masks like N95s provide the highest level.

How do I know if my mask fits?

Your mask should cover your mouth and nose at all times. If your N95 fits well, it should create a snug seal and will not allow air to come out the sides. Be sure to press and adjust the nose wire to ensure a snug fit and check the seal of your mask before every use.

How do I properly put my mask on and take it off after use?

- Be sure to wash your hands with soap and water, or use an alcohol-based hand sanitizer, before putting on a mask and after removing it.
- When removing your mask, handle it only by the ear loops or ties.
- More information about properly putting on an N95 is available at this [CDC webpage](https://www.cdc.gov/n95/) (bit.ly/N95Info).

How do I store my mask for reuse?

You can store your mask temporarily to reuse later. Be sure to store it in a dry, breathable bag (e.g., a paper or mesh fabric bag) to keep your mask clean between uses. When reusing your mask, keep the same side facing out.

When should I replace my mask?

- N95s are disposable masks and cannot be cleaned. N95s should be discarded when they are dirty, moist, damaged, or difficult to breathe through.
- Be sure to check your mask each time you put it on. Replace the mask if the facepiece or head straps show any signs of damage or deterioration.

Is there anyone who shouldn't wear an N95?

Young children and individuals with a medical condition that could make it difficult to breathe should not wear an N95. For more information, please see bit.ly/MaskTypes.

When N95s are used voluntarily, fit testing is not required. This guidance does not apply to individuals working in positions that require fit-testing. Please adhere to employer guidance for wearing N95s in your workplace.

Remember, the best mask to protect against the spread of COVID-19 is one that fits well and is worn consistently and properly.

If you are unable to successfully wear an N95, consider other mask options at bit.ly/MaskTypes