HOW TO WEAR A RESPIRATORY MASK

INSTRUCTION FOR USE



1. Wash your hands.



2. Hold the mask in your hand and place it on nose. mouth and chin.



3. Position the bottom strap under your ears and the top strap at the back of your head.



4. Press the metallic wire to fit the shape of your nose and face.



5. Perfom a user seal check: place hands over the respirator and exhale, adjust if there are leaks.

RECOMMENDATIONS

High Fluid Resistance

Use when treating patients with airborne diseases such as TB or Influenza

Depending on performance standards by country, required to filtrate > 94% or > 95% of very small (0.1 micron) test particles, some achieve 99.9%

WHO "Use a particulate respirator at least as a protective as a NIOSH certified N95, European Union standard FFP2, or equivalent, when performing or working in settings where aerosols-generating procedures"

CDC "During aerosol-generating procedures conducted on patients assumed to be non-contagious, consider the use of an N95 respirator (https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/n95list1sect2-m.html) or a respirator that offers a higher level of protection such as other disposable filtering facepiece respirators, PAPRs, elastomeric respirators, if available" *
*https://www.cdc.gov/coronavirus/2019-ncov/hcp/dental-settings.html#PPE

Where applicable: Review and/or establish the facilities Respiratory Protection Program (RPP). The program should be comprehensive, written, fit testing (initial fit test is required, yet annual fit testing is waived at this time), training, medical exam and seal test, as per Occupation Safety and Health Administration (OSHA) standard 1910.134 - Respiratory Protection. https://www.osha.gov/SLTC/respiratoryprotection/

Fit Testing and annual training in the use, maintenance, and care are required prior to respirator use. https://www.osha.gov/SLTC/respiratoryprotection/

Local/Regional Regulations Prior to selecting a respirator, users should consult their local respiratory protection regulations and requirements or check their local public health authorities for selection guidance

