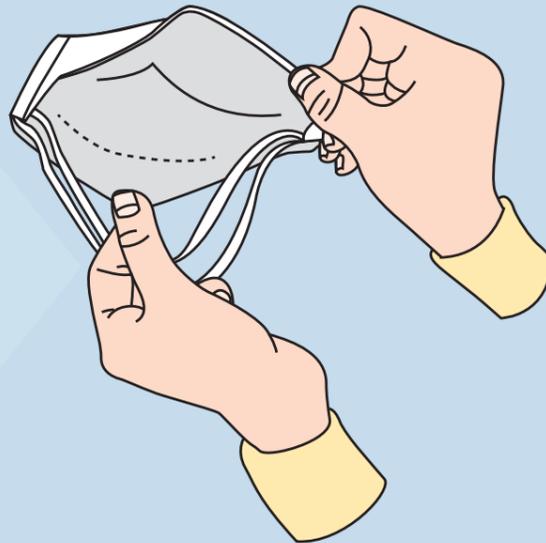


# Fit Check for P2/N95 respirator



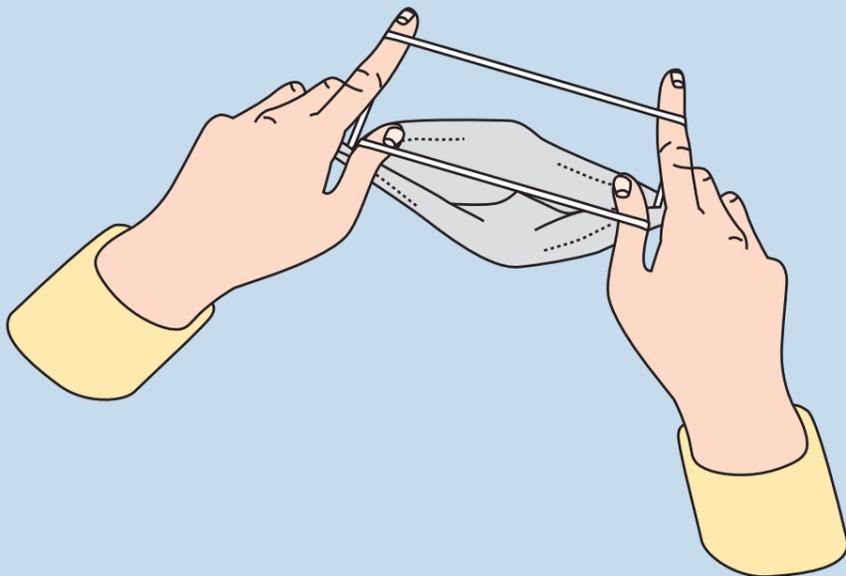
## Step 1

Perform hand hygiene



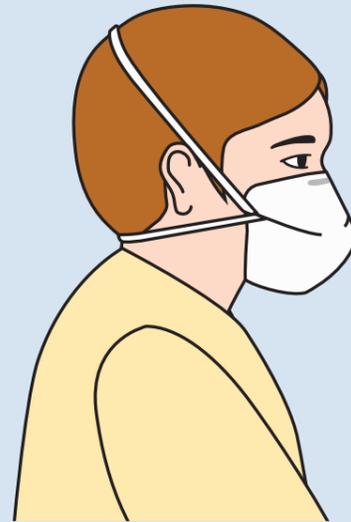
## Step 2

Select the P2/N95 mask that fits you well. Only touch the outer edges. Separate the edges and straps. Slightly bend the nosepiece to form a gentle curve



## Step 3

Use index fingers to separate the headbands. Hold the headbands in your fingers and position the P2/N95 mask under your chin with the nosepiece up



## Step 4

Pull headbands up over your head and ensure top strap is resting high at the back of the head and above ears. Ensure bottom strap is positioned below ears.



## Step 5

Place fingertips of both hands at the top of the metal nosepiece. Mold the nosepiece, using the fingers of each hand, to the shape of your nose. Pinching the nosepiece using only one hand may result in less effective respirator performance



## Step 6

Once a good facial fit has been achieved, proceed to Steps 6a. and 6b

## Step 6a. Positive seal check

- Exhale sharply. A positive pressure inside the respirator = no leakage.
- If leakage, adjust the position and/or tension straps

## Step 6b. Negative seal check

- Inhale deeply. If no leakage, negative pressure will make respirator cling to your face
- Leakage will result in loss of negative pressure in the respirator due to air entering through gaps in the seal

**Continue to fit PPE in the recommended order**