



Guidelines for proper use of N95 masks

An [N95 mask manufacturers](#) explains how important wearing an N95 appropriately will help you! Wearing a well-fitting mask in indoor public places is crucial for both vaccinated and unvaccinated people to prevent the virus that causes COVID-19 from spreading.



However, not all masks are created equal. For example, the N95 masks provide the highest level of protection for the wearer since they are the most convenient masks for keeping the COVID virus at bay. Other masks, such as a blue surgical mask or a material mask, protect you from spreading the illness to others.

N95 masks are designed to be thrown away by medical professionals, yet there are ways for the regular person to extend their mask's life

Because of their superior quality, N95 masks are more expensive than blue surgical masks and fabric masks. The following are the [CDC's](#) guidelines for handling N95 masks:

- The N95 should be worn with clean, dry hands.
- Before using the N95, make sure it's not damaged.
- Don't use it if you suspect damage, dirt, or wetness. Instead, with your fingertips, grasp the nosepiece bar (or foam) and the N95 in your hand.
- If you don't have a nosepiece, check that the top edge is close to you by looking at the text on the nosepiece. Then, place the N95 beneath your chin with the leading edge up.

- Place the top strap near your crown and over your head. Then pull on the bottom strap and place it under your ears at the nape of your neck. Crossing the straps is not a good idea.
- Check to see that the strap is flat and not twisted. Next, place both hands' fingertips on the nosepiece. Then, to match the form of your nose, press both sides of the nosepiece together.
- Your N95 needs to form a seal against your face to work effectively. The N95 needs to allow breathing to flow through it, not its end. The gap between the face and the edge of the mask can be due to jewellery, glasses, and facial hair. If you haven't shaved for a while, the N95 works better. The gap can also occur if the N95 is too large, too small, or does not fit properly.
- Gently place your hand on the N95 to check for gaps, covering as much as possible before exhaling. It is not a good fit if you feel air seeping around the rims of the N95 or if you wear glasses and it becomes hazy. Replace N95 with N95 and try again.
- Try a new size or style if you can't get a good seal. Even though the N95 cannot be brought into close contact with the face, it provides superior protection to a fabric mask.
- Each time you wear the N95, double-check the gap.

How to remove N95 Mask

If you don't have soap, wash your hands with soap and water after removing the N95, or wash your hand sanitiser with at least 60% alcohol.

When should the N95 be replaced?

To disinfect the N95, do not wash. Please put it in the oven or microwave. Replace the N95 if the strap stretches and does not fit snugly on your face or if it is wet, dirty, or broken. Throw away in the trash