

Donning:

1. Hand Hygiene

- a. Perform hand hygiene with either alcohol based hand sanitizer or washing with soap and water.
- b. How to wash hands with hand sanitizer:

 Duration of the entire procedure: 20-30 seconds



- c. How to wash hands with Soap and Water:



2. Don N95 Mask

- a. Start by placing the mask around your nose and mouth with one hand while moving the top strap around the back of your head with your other hand.
- b. Keep holding the mask around your mouth and nose and move the bottom strap above your head and around the neck.
- c. Using your thumb and index finger, pinch the metal bar around the top of your nose

- d. Perform a seal check by covering the respirator with the palm of the hands and gently exhale into the facepiece. The face fit is considered satisfactory if a slight positive pressure can be built up inside the facepiece without any evidence of outward leakage of air at the seal. Likewise, inhale gently so that the facepiece collapses slightly. If the facepiece slightly collapses and no inward leakage of air is detected around the sealing edges, the tightness of the respirator is considered satisfactory.
- e. Perform hand hygiene.

Doffing:

1. Remove N95 Respirator at the end of your shift, during breaks, or if they become damaged, visibly soiled, or wet.
 - a. Doff N95 Mask
 - i. Perform hand hygiene.
 - ii. Tilt your head forward and use two hands to grab the bottom strap, pull to the sides, then over your head.
 - iii. Next, use both hands to grab the upper strap, pull to the sides, then over your head.
 - iv. Keep the tension on the upper strap as you remove it, which will let the mask fall forward.
 - v. Perform hand hygiene.

Respirator Donning and Doffing Videos:

<https://www.youtube.com/watch?v=oU4stQgCtV8>

<https://www.youtube.com/watch?v=p8ay3kTqsuo>

<https://www.youtube.com/watch?v=BnXN1OD6VRw>