How to Wear a N-95 Face Mask

The N-95 face mask can be worn to help reduce the risk of infection. This type of mask protects you from breathing in very small fine particles that may be harmful. Your doctor or nurse will tell you when you should wear this type of face mask.

To get the best protection, follow these steps to put on a N-95 mask.

1. Pull the edges of the mask apart to fully open it.
2. Bend the nose wire to form a gentle curve.
3. Separate the two rubber headbands using your thumbs and index fingers.
4. Cup the bottom of the mask under your chin.
5. Pull both headbands up over your head. Place the lower headband at the lower part of your neck. Place the upper headband at the top or crown of your head.
6. Squeeze the wire nosepiece to fit your nose. Adjust the lower edges until you have a good snug fit over your mouth and nose. You should not feel any air leaking between your face and the mask.
7. To check the mask for a good fit:
   - Breathe in and out several times with force while you have the mask on. The mask should collapse slightly when you breathe in and expand when you breathe out.

The N-95 face mask is a disposable mask to be worn only once. If the mask becomes damaged or soiled, or if your breathing becomes difficult, you should take off the mask and put on a new one. The used mask should be thrown away in the trash. Always wash your hands after taking off a used mask.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

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