

The following fact sheet is intended to provide supporting guidance on the voluntary use of an N95 respirator. Employees of Princeton University who are using a respirator as part of their job function are required to be enrolled in the Respiratory Protection Program in accordance with the [Respiratory Protection Policy](#), which will include medical clearance, fit-testing, and training on the safe and effective use of the respirator.

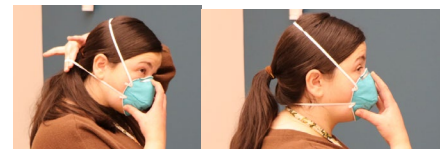
Voluntary use of an N95 respirators is only for instances where the user is not anticipated to be exposed to harmful vapors, fumes, gases, mists or particulates at levels that would require the use of a respirator and should include a consultation with [Environmental Health and Safety](#) to review the risks associated with the operation and to help identify alternative solutions, such as engineering or administrative controls, that can further minimize the risk of an exposure.

Donning, Doffing, and Seal Checking N95 Respirators

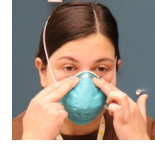
The manufacturer of the respirator will typically provide instructions on how the put-on (don) and take off (doff) the respirator.

A. Putting on your respirator (Don)

1. Wash your hands thoroughly before handling the respirator or apply alcohol-based hand sanitizer if hand washing facilities are not available.
2. Inspect the respirator for holes, tears, or other damage to surface, straps, nose strip, and nose foam. If damage is noted, respirator should be discarded.
3. If you wear glasses, read through the remaining steps first, then remove your glasses before putting on your respirator.
4. Place the respirator against your face, with the bottom under the chin and the nosepiece across the bridge of the nose.
5. Pull the bottom elastic band over your head and place at the top of your neck and below your ears.
6. Pull the top strap over your head and place at crown of your head, above your ears.



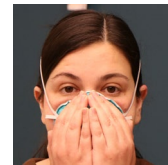
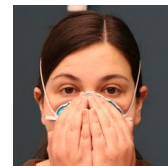
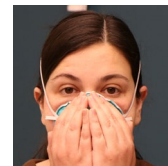
7. Use both hands to bend the metal nosepiece to fit snugly against your nose and face, paying particular attention to wear your nose and cheeks meet.
8. If you wear glasses, you may wish to perform the following seal check before putting them back on.



B. Checking your respirator seal

After putting on your respirator, perform a respirator-to-face seal check to confirm that the respirator has been properly positioned so that air will be filtered through the mask rather than passing around the edges of the mask.

1. Gently, cup your hands over the respirator to completely cover the outside.
2. **Positive pressure check:** With your hands in place, sharply exhale (breath out). The mask should try to expand against your hands. If you feel air blowing around the edges (often toward the eyes) the respirator needs to be further adjusted.
3. **Negative pressure check:** With your hands in place, sharply inhale (breath in). The mask should pull into your face. If you feel air moving around the edges (often along the corner of your eyes/side of nose) the respirator needs further adjustment.
4. To adjust your respirator, repeat donning steps and try further mold the metal nosepiece to your face.
5. If you consistently cannot get a good fit, you may need to try another size or model of respirator.



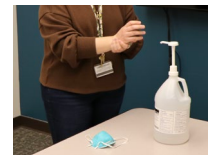
C. Removing your respirator (Doff)

1. Wash your hands with soap and water or use an alcohol-based hand sanitizer.
2. Do not touch the front of the respirator as the face of the respirator may be contaminated.





3. Pull the bottom strap over your head moving toward your face.
4. Grasp the top strap and pull over your head toward your face, moving the mask away from your face.
5. Discard the used respirator in a waste container and wash your hands or apply alcohol based hand sanitizer.



Additional considerations when using an N95 respirator

- Understand the limitations of an N95 respirator. These respirators are intended to provide protection from fine particulate contamination and are not intended to provide protection against chemical vapors, fumes, or gases nor are they intended for use in a low oxygen environment.
- Individuals with known or suspected breathing conditions, emphysema, chronic obstructive pulmonary disease (COPD), asthma, or cardio/pulmonary conditions should consult with their physician before using a respirator.
- N95 respirators are typically intended for single use and should be disposed at the end of use. Additionally, respirator should be replaced if it becomes wet or soiled, is torn or deformed, or increased resistance to the passage of air is noticed (harder to breathe through the filter).
- Make sure to store extra respirators in a place where they are not likely to be contaminated, be exposed to excess heat or direct sunlight (which can degraded/damage the respirator), or be exposed to mechanical stress (which can crush/deform the respirator).
- If at any time during the use of the respirator you experience headache, nausea, dizziness, or have difficulty breathing, immediately leave the area, remove the mask, get to fresh air, and seek medical attention if needed.