

A simple guide to the correct steps for PUTTING ON and TAKING OFF your N95 Respirator, as recommended by the Centers for Disease Control.

For comprehensive instruction on Donning and Doffing N95 respirators, please refer to the video on the HEROES website: <http://bit.ly/n95dondoff>

# DONNING YOUR N95

## #1 HAND HYGIENE



Alcohol based hand rubs or soap and water, if hands are visibly soiled, are both appropriate

## #3 PLACE TOP STRAP



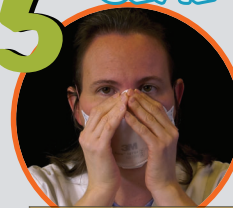
Place the top strap at the crown of the head

## #4 PLACE BOTTOM STRAP



Place the bottom strap at the nape of the neck beneath long hair

## #5 SEAL CHECK



Using both hands, seal all edges of respirator to your face. Cup your hands over the respirator so most of the surface of the respirator is covered and your fingertips are around the respirator edges. Exhale into the respirator. The respirator should expand slightly into your hands if sealed properly against your face

## #2 APPLY RESPIRATOR



Apply the respirator to face

## #6 HAND HYGIENE



Finally, perform hand hygiene using either alcohol gel, or soap and water

# DOFFING YOUR N95

## #1 HAND HYGIENE



Hand hygiene is critically important here because gloves are not considered a 100% barrier against pathogens. Hands should be clean to touch the head or hair

## #2 REMOVE BOTTOM STRAP



Remove the bottom strap of the respirator by touching only the strap and bringing it carefully over your head

## #3 REMOVE TOP STRAP



Grasp the top strap of the respirator at the back of the head and bring it carefully over your head. Avoid touching the front of the respirator as it is considered soiled

## #4 HAND HYGIENE



Hands should be cleaned to ensure any contamination from the doffing process has been removed before moving on to other clinical activities