

# PRINCIPLES OF FIT CHECKING

## HOW TO DON AND FIT CHECK P2 AND N95 MASKS

A P2 and N95 mask offers protection from diseases spread by airborne transmission



1  
SEPARATE THE EDGES OF THE MASK TO FULLY OPEN IT



2  
BEND THE NOSE WIRE TO FORM A GENTLE CURVE. THE NOSE WIRE REPRESENTS THE TOP OF THE MASK



3  
HOLD THE MASK UPSIDE DOWN TO EXPOSE THE TWO HEADBANDS



4  
USING YOUR INDEX FINGERS AND THUMBS, SEPARATE THE TWO HEADBANDS



5  
WHILE HOLDING THE HEADBANDS CUP THE MASK UNDER YOUR CHIN



6  
PULL HEADBANDS UP AND OVER YOUR HEAD



7  
PLACE AND POSITION THE LOWER HEADBAND AT THE BASE OF YOUR NECK (UNDER YOUR EARS)



8  
PLACE THE UPPER HEADBAND ON THE CROWN OF YOUR HEAD. THE BAND SHOULD RUN JUST ABOVE THE TOP OF YOUR EARS



9  
GENTLY CONFORM/PRESS THE NOSEPIECE ACROSS THE BRIDGE OF YOUR NOSE BY PRESSING DOWN WITH FINGERS UNTIL IT FITS SNUG



10  
CONTINUE TO ADJUST THE MASK AND EDGES UNTIL YOU FEEL YOU HAVE ACHIEVED A GOOD AND COMFORTABLE FACIAL FIT

## FIT CHECK

GENTLY INHALE. WHEN YOU BREATHE IN THE MASK SHOULD DRAW IN SLIGHTLY TOWARD THE FACE AND COLLAPSE



11

A 'FIT CHECK' MUST BE PERFORMED EACH TIME A P2 AND N95 MASK IS WORN



12

GENTLY EXHALE. THE MASK SHOULD FILL UP WITH AIR. IT IS IMPORTANT AT THIS STAGE THAT THERE IS NO AIR LEAKAGE AROUND EDGES OF MASK.

BRANDS OF P2 AND N95 MASKS VARY SLIGHTLY. ALWAYS REFER TO MANUFACTURERS INSTRUCTIONS.

IF YOU HAVE NOT ACHIEVED A SUCCESSFUL FIT AS INSTRUCTED ABOVE IT IS IMPORTANT THAT YOU SEEK ADVICE OR HAVE SOMEONE ASSIST YOU WITH FITTING AND CHECKING YOUR MASK, AS AN INCORRECTLY FITTED MASK WILL NOT PROVIDE YOU WITH THE INTENDED LEVEL OF PROTECTION FROM AIRBORNE INFECTIOUS DISEASES.