



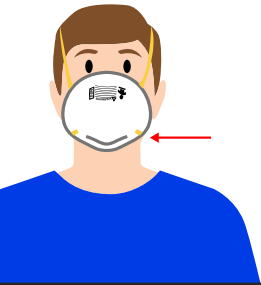
# The Do's and Don'ts of Wearing a Respirator

Respiratory protection products, such as N95 disposable respirators, can help reduce your exposure to airborne particulates of all sizes, from large visible dust to particles that can't be seen, such as viruses. When worn correctly, N95 respirators can help filter at least 95% of certain airborne particles. For this to work, you need a tight seal of the respirator to reduce contaminated air from entering around the edges. To ensure a proper fit, you need to wear it the right way.

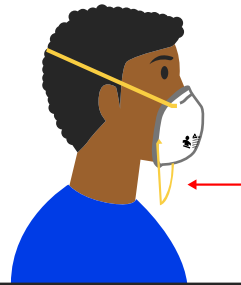
Always read and follow product-specific user instructions.

Follow this simple guide to help you put on and wear a 3M™ disposable respirator correctly.

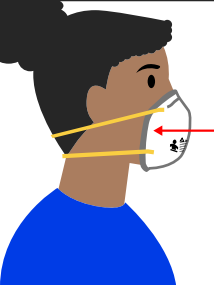
## Don't



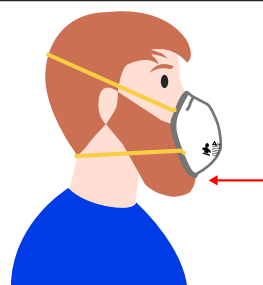
**Don't wear the respirator upside down**  
The metal nose clip helps you create a custom, secure seal around the nose. If this is near your chin, the respirator won't make a tight seal to your face.



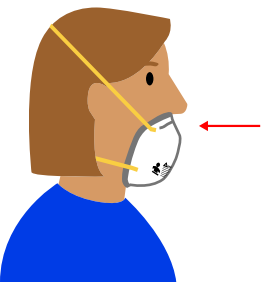
**Don't wear just one strap**  
Wearing the respirator with only one strap doesn't provide a tight seal and fit.



**Don't wear both straps above or below ears**  
Wearing the respirator with both straps above or both straps below your ears also doesn't provide a tight seal and fit.



**Don't wear it with facial hair**  
Sorry, bearded beauties. Beards, long mustaches and even stubble will cause leaks into the respirator. To help achieve a good seal, user must be clean shaven.



**Don't only cover your mouth**  
For proper protection, you need to cover both your nose and mouth. If you only cover your mouth, then you risk breathing in hazardous particles through your nose.



**Don't pinch the respirator's nosepiece with one hand**  
A pinched nose clip won't fit as well and can result in a gap at the bridge of the nose. The nose clip should follow the curves of your nose and cheeks.

## Do This



- Wear your respirator with the metal nose clip on top to help achieve a secure seal and fit.
- The respirator must cover your nose and mouth completely.
- Make sure to use both straps: the upper strap should be positioned on the crown of the head; the lower strap positioned below the ears.
- Straps shouldn't be twisted.
- Once respirator is placed on your face, use fingertips from both hands to mold the nose clip to the shape of your nose.
- Do this by moving your fingertips down both sides of the nose clip.

### Always perform a user seal check to help ensure you have a proper seal.

To check the respirator-to-face seal, place both hands completely over the respirator and inhale sharply. Be careful not to disturb the position of the respirator. A negative pressure should be felt inside the respirator. If air leaks around nose, readjust the nose piece. If air leaks at the respirator edges, work the straps back along the sides of your head. If you cannot get a secure seal, look for another respirator model that fits you correctly.

*\*If you have questions, call the 3M technical service helpline at 1-800-243-4630 or in Canada 1-800-267-4414.*

**DIY/Home Use:** Use ONLY in NON-HARMFUL environments.

**Occupational/Hazardous Use:** Use under a regulated government (e.g. OSHA) respiratory protection program.

**WARNING:** Limitations apply. Misuse may result in sickness or death. See product packaging and insert, or call 3M in USA at 1-800-243-4630. In Canada, call 1-800-267-4414.

Form nose clip with two hands.



User seal check



Straps need to be positioned correctly