N95 RESPIRATOR VOLUNTARY USE

RECOGNIZE POTENTIAL HAZARDS OF WEARING AN N95
VISIT aub.ie/n95help FOR LATEST RESOURCES AND RECOMMENDATIONS

VERIFY YOU ARE USING A NIOSH-APPROVED RESPIRATOR
YOU CAN FIND A LIST OF APPROVED N95 RESPIRATORS ON THE NIOSH WEBSITE.

USE THE RESPIRATOR SAFELY AND EFFECTIVELY
REFER TO THE MANUFACTURER'S INSTRUCTIONS THAT WERE INCLUDED WITH THE RESPIRATOR.

KNOW HOW TO DON AND DOFF YOUR SPECIFIC RESPIRATOR
FOR MORE INFORMATION, VISIT THE NIOSH WEBSITE. www.cdc.gov/niosh/

CONDUCT A USER SEAL CHECK BEFORE EACH USE
SEAL CHECK INSTRUCTIONS DIFFER FOR EACH MANUFACTURER. READ ALL INSTRUCTIONS BEFORE USE.

FILL OUT THE VOLUNTARY USE AUTHORIZATION FORM
VISIT aub.ie/n95voluntary OR SCAN QR CODE AT THE BOTTOM ON THIS DOCUMENT.

N95 FILTERING FACEPIECE RESPIRATOR
REUSE AND DISPOSAL RECOMMENDATIONS
THERE IS NO WAY TO DETERMINE THE MAXIMUM POSSIBLE NUMBER OF SAFE REUSES OF AN N95 RESPIRATOR
THAT WOULD APPLY IN ALL CASES.
THESE RECOMMENDATIONS ARE DESIGNED TO PROVIDE PRACTICAL ADVICE SO THAT N95 RESPIRATORS ARE DISCARDED BEFORE
THEY BECOME A SIGNIFICANT RISK FOR CONTACT TRANSMISSION, OR THEIR FUNCTIONALITY IS REDUCED.

WHEN TO DISPOSE OF N95 RESPIRATOR:
AFTER USE DURING AEROSOL GENERATING OPERATIONS • IF EXTERNALLY CONTAMINATED WITH FLUID
• IF INTEGRITY OF ANY PART OF N95 IS COMPROMISED • IF UNABLE TO ACHIEVE PROPER SEAL

STORE PROPERLY

STORE IN A CLEAN, BREATHABLE CONTAINER
(SUCH AS A PAPER BAG)

STORE YOUR RESPIRATOR AWAY FROM
• SUNLIGHT
• DUST
• EXTREME TEMPERATURES
• MOISTURE
• DAMAGING CHEMICALS

CHECK SEAL BEFORE EACH USE

COVER THE INLET VALVES AND GENTLY INHALE
– THE MASK SHOULD COLLAPSE SLIGHTLY

CLOSE THE OUTLET VALVE AND GENTLY EXHALE
– THE MASK SHOULD BULGE SLIGHTLY

CHECK THAT THE RESPIRATOR STAYS IN PLACE
WHEN MOVING YOUR HEAD OR TALKING

CHECK FOR PINCHING AROUND THE EARS AND NOSE
AND KNOW HOW TO SECURE THE STRAPS CORRECTLY

SCAN QR CODE TO COMPLETE VOLUNTARY USE AUTHORIZATION FORM

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