

# Tips for Wearing a 3M N95 Non-Valved Flat-Fold Respirator

Flat-fold respirators may not look like traditional cup-style disposable respirators; however, they help protect you the same way as a cup-style and also have some unique features. Their unique design allows for easier storage without crushing, fits a wide range of faces — including smaller ones, and moves with your face as you talk.

Flat-fold respirators are effective at helping reduce the wearer's exposure to airborne particles such as dusts and mists, but only if worn correctly.

Follow these tips to help you correctly put on, take off and wear a flat-fold 3M respirator.



## Starter Tips

### Respirator On First

Respirators should be put on first before a hat, eyewear or hearing protection. The straps should be directly against your head.

### Pay Attention to Strap Placement

The position of the straps is critical to help create a proper seal of the respirator to your face. The top strap should be placed above your ears high on the back of the head, and the bottom strap should sit below your ears around your neck. Straps should never be crisscrossed, twisted, or looped around your ears. Both straps need to be worn for a secure fit.

### Do Not Pinch the Nosepiece

Pinching the nosepiece with one hand can result in a poor fit on the bridge of the nose, potentially allowing contaminated air to leak in through the gap when you breathe in, and could cause fogging of eyewear when you breathe out. Instead, use your fingers from both hands to completely mold the nosepiece to your face.

### Try Different Respirators

There are many different types of disposable respirators that have a variety of features, such as more comfort, easier breathability, adjustable straps, and different sizes. If you do not find one very comfortable or you do not get a good seal with one, try another respirator model.

### Beware of Facial Hair

Facial hair such as a beard can compromise the seal between your 3M flat-fold disposable respirator and your face, which may reduce its effectiveness. Even stubble can have an effect on the respirator seal. You must be clean shaven when using respirators. However, facial hair entirely within the respirator (e.g., a small goatee or mustache that doesn't interfere with the respirator seal) is OK.

### Secure Long Hair

Long, dangling hair can also pose problems with strap fit at the back of the head or with the seal to the face. Hair should be secured in a ponytail or bun between the upper and lower straps.

### Remember the 3 Ds

If your respirator becomes dirty, damaged or difficult to breathe through, it should be discarded and replaced. Any N95 respirator that has come into contact with virus particles should be carefully removed and appropriately handled after use.

### Be Mindful of Shelf Life

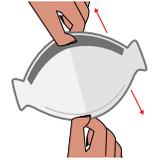
Do not use your respirator past its shelf life, typically 3 to 5 years from date of manufacture\*. The expiration date can be found on packaging. Respirators should be stored according to the storage instructions, including at temperatures no colder than -4 degrees F (-20 degrees C), no hotter than 86 degrees F (30 degrees C), and a relative humidity of less than 80%.

## Tips to Put It On Properly



### Pop It Open

Use both hands to separate the respirator panels and form a cup shape, bending slightly at the center of the nosepiece to help it hold its shape.



### Place On Face

Place both straps on the outside of the top panel. Hold the respirator in one hand, place the opened respirator under your chin with the nosepiece across the bridge of your nose.



### Position Straps

While holding respirator in place, take both straps in your other hand and pull over your head. Adjust the top strap so that it is high on the back of your head and then position the bottom strap around your neck below the ears. Untwist the straps.



### Adjust Respirator Panels

For a comfortable fit, pull the top panel toward the bridge of your nose and the bottom panel under your chin. Make sure the panels are not folded in.



### Form the Nosepiece

To get a good seal around the nose, you need to mold the nosepiece carefully to help prevent air leakage. To do this, use two fingers from each hand to mold the nosepiece to the shape of your nose. Push inwards and down while moving your fingers down both sides.



### Check the Seal

To perform a User Seal Check on a non-valved respirator, cover the respirator with both hands and inhale sharply or exhale sharply. Be careful not to disturb the position of the respirator. No air leaks should be felt between the face and the respirator edges. If air does leak, readjust the nosepiece, work the straps back along the sides of your head and repeat the seal check. If you cannot achieve a proper fit without air leaks, try another respirator model.



## Take It Off Properly



### How to Take Respirator Off

To remove, cup the respirator in one hand to hold it on your face. With your other hand, pull bottom strap overhead, then pull top strap overhead and remove respirator.

An alternative way to remove the respirator without touching it is to first pull the bottom strap over your head and then pull the top strap over your head.



*\*If you have questions, call the 3M technical service line in the U.S. call 1-800-243-4630 and in Canada call 1-800-267-4414.*

Always read and follow product-specific user instructions.

**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.