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衛生防護中心
Centre for Health Protection

Infection Control Branch

Use N95 Respirator Properly

An N95 respirator is a tight-fitting face piece with high filtering efficiency against airborne particles, and provides protection against airborne infectious diseases such as measles, tuberculosis and chickenpox if used properly.

2. To identify a suitable model, a person should undergo special test (fit test) before he or she can use N95 respirator. Fit tests have to be repeated if wearer's physical condition could affect the fit of respirators, for example when change in facial contour or significant alteration of body weight occurs. Users should only use products with valid approval by international authorities to ensure compliance with relevant manufacturing standards.

Points to note on wearing a N95 respirator:

(a) Wearer should follow manufacturer's recommendations on the correct donning and doffing methods of N95 respirators. In general, the steps of donning and doffing N95 respirators are as follow:

(i) Donning of N95 respirators

- Pull the top strap over the head resting it high at the top back of the head. Pull the bottom strap over the head and position it around the neck below the ears. Arrange the straps so that are not twisted.
- Place the fingertips from both hands at the top of the metal nosepiece, mold the nose area to the shape of your nose by

pushing inward while moving the fingers down both sides of the nosepiece.

- Perform seal check whenever the respirator is worn.
 1. Positive-pressure fit check: place both hands completely over the respirator and exhale sharply. If an outward leakage of air is detected, it indicated that the respirator is not properly worn and the straps should be adjusted.
 2. Negative-pressure fit check: place both hands completely over the respirator and inhale sharply. The respirator should be slightly collapsed. If an inward leakage of air is detected, it indicated that the respirator is not properly worn and the straps should be adjusted.

(ii) Doffing of N95 respirator:

- Do not touch the surface of the respirator, only hold on to the straps of the respirator.
- Bend down the head slightly, slowly lift the bottom strap over the head with both hands and place it down.
- Slowly lift the top strap over the head with both hands and remove the respirator.
- Grab the straps of the respirator only (Do not touch the surface of the respirator)
- Discard the respirator in rubbish bin with lid and perform hand hygiene.

- (b) Wearer should perform seal check every time when N95 respirator is worn
- (c) N95 respirators are not designed for children or people with facial hair that lies along the sealing area of a respirator because a proper fit of respirator is difficult to be achieved
- (d) Wearer must perform hand hygiene after touching a used N95 respirator.
- (e) Surgical mask should not be worn over or underneath an N95 respirator.
- (f) Disposable N95 respirators must be discarded after use.
- (g) People with breathing problems should seek advice from doctor before wearing a N95 respirator.

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