How to properly put on your respirator.

Follow these six steps when putting on your N95 respirator:

1. Wash or sanitize your hands before putting your respirator on.

2. Secure the respirator straps at the crown of your head with the top strap. Then, at the base of your neck with the bottom strap.

3. Be sure that the respirator extends under your chin.

4. If the respirator has a nosepiece, fit it to your nose with both hands.

5. The facepiece should cover your nose and mouth. Facial hair can interfere with the face seal, so be sure to shave before putting on your respirator.

6. Be sure that you conduct a user seal check each time you put on your respirator.