

# How to fit a P2/N95 mask

## Putting on and checking the mask

Take time to correctly identify which size and style of mask is suitable for you.

Each time a P2/N95 face mask is used it should be fit checked before entering an unsafe environment. Fit checks ensure that the mask is sealed over the bridge of the nose and mouth, and that there are no gaps in the seal between the mask and the face. P2/N95 face masks should always be used in accordance with the manufacturer's instructions.

## How to put on and fit check a P2 mask



1  
Separate the edges of the mask to fully open it



2  
Bend the nose wire to form a gentle curve. The nose wire represents the top of the mask



3  
Hold the mask upside down to expose the two straps



4  
Using your index fingers and thumbs, separate the two straps



5  
While holding the straps, cup the mask under your chin



6  
Pull the straps up and over your head



7  
Place and position the lower strap at the base of your neck (under your ears)



8  
Place the upper strap on the crown of your head so that it runs just above the top of your ears



9  
Gently press the nose wire down across the bridge of your nose until it fits snugly



10  
Continue to adjust the mask and edges until you feel you have achieved a good and comfortable fit

## FIT CHECK

Gently inhale. When you breathe in the mask should draw in slightly toward the face and collapse



11

A 'fit check' must be performed each time a P2 or N95 mask is worn



12

Gently exhale. The mask should fill up with air. It is important at this stage that there is no air leakage around edges of mask.

Follow these directions each time the mask is worn. The masks will not provide the intended level of protection unless worn correctly so it is important that you achieve a good fit as detailed above. Men who are clean shaven will achieve the best facial seal. The brand of P2 or N95 masks may vary slightly so always follow the manufacturer's instructions and warnings.



## Procedure for putting on a P2/N95 face mask and conducting a fit check

- Remove glasses and hats. Tie back long hair so it does not become tangled in the straps of the respiratory protection
- Put the mask on your face, ensuring the nose piece is at the top of the mask
- Place the headband or ties over the head and at the base of the neck
- Compress the mask against the face to ensure a seal across the bridge of the nose
- Compress the mask to ensure a seal across the cheeks and the face; and
- Conduct a fit check: check the seal of the mask by gently inhaling. If the mask is not drawn in towards the face, or air leaks around the face seal, readjust the mask and repeat process or check for defects in the mask. If the mask still leaks you may need to try a different size or style of mask.
- People with beards should shave before using a P2 mask as a good seal between the mask and the wearer's face cannot be guaranteed if they have facial hair.

## Maintaining effective protection

Once you have fitted the P2/N95 mask be careful not to compromise the fit (and your protection).

### Don't

- touch the mask while it is being worn
- reapply the mask after it has been removed
- leave the mask dangling around your neck.

### Do

- change the mask when it becomes moist
- wash your hands if you touch or dispose of a used mask
- wait until you are outside the patient care area before removing the mask
- dispose of used masks in a closed receptacle.

## For more information

Visit DHHS guidelines to use face masks

<https://www2.health.vic.gov.au/about/publications/Factsheets/bushfire-guidelines-use-face-masks>

Visit [nwmpn.org.au/coronavirus](https://www.nwmpn.org.au/coronavirus)

Information on this document has been provided by Victoria [State Government DHHS](https://www2.health.vic.gov.au/about/publications/Factsheets/bushfire-guidelines-use-face-masks):

<https://www2.health.vic.gov.au/about/publications/Factsheets/bushfire-guidelines-use-face-masks>

[NSW health: https://www.health.nsw.gov.au/environment/factsheets/Pages/face-mask.aspx#p2how](https://www.health.nsw.gov.au/environment/factsheets/Pages/face-mask.aspx#p2how)

and [Queensland health: https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/infection-prevention/transmission-precautions/p2n95-mask](https://www.health.qld.gov.au/clinical-practice/guidelines-procedures/diseases-infection/infection-prevention/transmission-precautions/p2n95-mask)