

In accordance with [CDC Contingency Capacity Strategies for N95 respirators](#), we are transitioning from formal fit-testing to a user-seal check process.

How to Perform an N95 Seal Check



Place both hands over the respirator, take a quick breath in to check whether the respirator seals tightly to the face.



Place both hands completely over the respirator and exhale. If you feel leakage, there is not a proper seal.

*** Skip this step if using an N95 with a valve**



If air leaks around the nose, readjust the nosepiece as described.

If air leaks at the mask edges, re-adjust the straps along the sides of your head until a proper seal is maximized.

***N95 with an Exhalation Valve: What is different?**

You may receive an N95 with a valve. These N95 respirators will protect you the same as a regular, un-valved N95 but should NOT be used in sterile procedures or worn by a person who is exhibiting respiratory symptoms because the air you exhale comes out of the valve unfiltered.



Steps to Safely Removing your N95

