

Ensuring a Proper Fit - How to Perform a Seal Check When Using N95 Respirators

It is important to check the fit of your N95 mask every time you wear it.

If you **CANNOT** achieve a proper seal, **DO NOT** enter the care area.

Use the correct Seal Check technique for the respirator you are using. Reference NMI to look up your mask specific instructions



Pouch style Respirators

After applying mask, forcefully inhale and exhale several times. The respirator should collapse slightly when you inhale and expand when you exhale. You should not feel air leaking between your face and the respirator. If the respirator does not expand/collapse or if you feel air leaking, you have not achieved a good fit. Adjust the respirator until the leakage is corrected and you are able to perform a successful user seal check on your respirator.

Flat fold & Cup style Respirators



Respirators

Place both hands completely over the respirator being careful not to disturb the position of the mask. Inhale and exhale forcefully. If air leaks around the nose, adjust the nosepiece. If air leaks at the respirator edges, adjust the side panel and straps along the sides of your head. Repeat the seal test after adjusting the mask.

If you are unable to obtain a proper seal, talk to your manager about obtaining a different type of N95. Refer to [PPE Resources on Physician Forum](#) for more information.