Application and Fit Checking of a P2/N95 Mask

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OBJECTIVES

• Gain skills to effectively don a P2/N95 mask
• Techniques to ensure a correct fit check of the mask
• Factors to be considered when selecting a mask
• Safe practices for removing masks
BEFORE DONNING

- Always perform Hand Hygiene before applying a mask
- Ensure mask is not damaged in any way
- Experiment with brands and sizes
- Always check manufacturers guidelines for the mask you are using
POINTS TO CONSIDER

- Beard or facial hair
- Shape or size of face
- Earrings
- Glasses/spectacles
STEP 1

- Separate the mask edges
- Put a small bend in the nose wire
- Hold upside down and gently shake the straps out
STEP 2

- Separate the 2 headbands
- Ensure the nose piece is at the top of mask
- Use index fingers and thumbs to separate the bands
STEP 3

• Roll your thumbs up
• This will create a “cup” for the chin
STEP 4

- Place chin into “cup” of mask
- Pull headbands up and over your head
STEP 5

- Release lower headband
- Position at the base of the neck
- Position other headband on the crown of your head
STEP 6

• Ensure that mask is symmetrical on face and edges aren’t folded
• Conform nose piece to your nose and across cheek bones
• Adjust mask until good/comfortable fit achieved
• Mask firmly positioned under chin
• Mask fitted across bridge of nose and cheekbones
• Straps positioned at base of neck and on crown of head
FIT CHECKING

- Inhale and exhale several times while wearing the mask
- Mask should collapse slightly on inhalation and expand slightly upon exhaling
- The wearer should not feel any air leaking around the mask
INCORRECT FIT

• Inappropriate fit may be:
  - Air leaking around mask
  - Mask not expanding and collapsing
  - Glasses or face shield/goggles fogging

• Reposition mask
• Repeat fit check
REMOVAL

• Never remove mask inside the patient room
• Perform Hand hygiene
• Remove mask by the headbands only
• Perform Hand Hygiene
POINTS TO REMEMBER

• A fit check must be performed every time a mask is applied.
• Never re-use a mask.
• Wet or damaged masks must be replaced immediately
• Always perform hand hygiene before application and after removal of a mask
• If you have any questions contact your ICP