

How to put on and fit check a P2 respirator/mask

Advice for General Practitioners



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.