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Frequently Asked Questions and Answers relating to 3M™ N95 Respirator

1. What is a N95 respirator?

“N95” is one of the standards for particulate filtering respirator set by the US NIOSH. A NIOSH-approved N95 respirator filters at least 95% of airborne contaminants.

2. Can 3M™ N95 respirator provide effective protection against infection?

Only when properly applied can 3M™ N95 respirator be expected to reduce exposure to airborne contaminants. Healthcare professionals should use those respirators that are also fluid resistant to enhance protection in hospital settings.

3. What are the correct procedures in applying 3M™ N95 respirator?

- Those with eyeglasses should take them off first
- Pre-stretch the straps before placing the respirator on the face (for #8210)
- With the nosepiece up, position the respirator over your nose and mouth
- Pull the top strap over your head, position it at the top back of your head and above the ears
- Pull the bottom strap over your head and position it around the neck below the ears
- Move your fingertips from both hands down both sides of the nosepiece and mould it to the shape of your nose to seal air off effectively. Check the respirator-to-face seal for each wearing:
 - Positive-Pressure Seal Check ([for respirator without air valves](#)): Place both hands completely over the respirator and exhale. The respirator should bulge out slightly. If air leaks at the respirator edges, readjust the nosepiece, the straps or the position of the respirator.
 - Negative-Pressure Seal Check ([for respirator with air valves](#)): Place both hands completely over the respirator and inhale deeply. The respirator should cave in slightly. If air enters at the respirator edges, readjust the nosepiece, the straps or the position of the respirator.

Helping You Wear it Right

Wearing Your Filtering Facepiece Respirator



8210V N95 Filtering Facepiece
Non-Valved Respirator



8210V N95 Filtering Facepiece
Valved Respirator

1



Place the respirator over your nose and mouth. Be sure the metal nose clip is on top. With models 8210, pre-stretch the straps before wearing.

2



Pull the top strap over your head until it rests on the crown of your head above your ears.

3



Pull the bottom strap over your head until it rests just below your ears.

4



Using both hands starting at the top, mold the metal nose clip around your nose to achieve a secure seal.

Check the Seal of Your Filtering Facepiece Respirator Each Time You Don the Respirator.



Positive Pressure User Seal Check For Non-Valved Respirators

Place both hands completely over the respirator and exhale. The respirator should bulge slightly. If air leaks between the face and faceseal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



Negative Pressure User Seal Check For Valved Respirators

Place both hands over the respirator and inhale sharply. The respirator should collapse slightly. If air leaks between the face and faceseal of the respirator, reposition it and readjust the nose clip for a more secure seal. If you cannot achieve a proper seal, do not enter the contaminated area. See your supervisor.



WARNING

1. Follow the correct procedures to wear the 8210/8210V filtering facepiece respirators, and remember to apply both the straps all the time.
2. Proper application of N95 respirators can help reduce the risk of infection. However, additional precautions must be taken, including personal hygiene, sufficient rest, to enhance personal health protection.
3. Anyone with the following conditions is not suitable to wear respirators or have to consult medical advice first:
 - Suffering disease on respiratory system, such as asthma and emphysema;
 - In pregnancy;
 - Distress occurs after wearing respirator, e.g. breathing difficulties, dizziness etc.
4. 8210/8210V N93 filtering facepiece respirators can filter out non-oil particulates. However, improper use of respirators might cause discomfort, or even result in death. Do not use the respirator in atmospheres containing less than 19.5% oxygen.

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4. What cautions should be taken before wearing 3M™ N95 respirator?

- The hygiene of your face and hands;
- Your personal health conditions (please refer to the answer of Question 7);
- Check and make sure that the respirator is intact, check its expiry date and if the packing is sealed properly.

5. Are there different sizes available on 3M™ N95 respirator?

The respirator has one standard size only and it fits the faces of most people in Hong Kong and Macau. If you have any particular requirements on the sizes of 3M respirators, please contact our sales representatives.

6. Where can we purchase 3M™ N95 Respirator?

3M™ N95 Respirator can be purchased at 3M eShop (3MeShop.hk), various hardware stores and pharmacies.

7. Are there any people who are not suitable to wear 3M™ N95 Respirator?

Anyone with the following conditions is not suitable to wear 3M™ N95 Respirator or have to consult medical advice before wearing it:

- Suffering disease on respiratory system, asthma or emphysema, etc.;
- In pregnancy;
- Discomfort occurs after wearing respirator, e.g. breathing difficulties, dizziness etc.

8. Is there any circumstance that it's inappropriate to wear N95 respirator?

Please do not use the respirator in atmospheres containing less than 19.5% oxygen.

9. Are children suitable to wear 3M™ N95 respirator?

Since 3M™ N95 Respirator is designed for occupational use, its size may not be applicable to children's faces and will affect the effectiveness. It is therefore not suggested for children to use 3M™ N95 respirator till further notice.

10. What should be taken heed of when storing 3M™ N95 respirator?

- Avoid storing the respirators in hot and humid place
- The environment and containers for storage should be clean and neat
- Record the purchase date and keep the receipt

11. How to dispose the used N95 respirators?

Avoid direct contact with the used respirators. Put them in a plastic bag which is carefully wrapped up and disposed in a covered refuse container.

12. How long can we wear the respirator? When should a new respirator be changed?

It depends on different situations and environments. However, if breathing difficulty or any distress occurs, the wearer should immediately leave the hazardous area (such as the ward or the place with polluted air) and then take the respirator off.

Respirators need to be changed in one of the following situations:

- If respirator is soiled by such body fluid as blood or spittle;
- If respirator is damaged.