USE & DISPOSAL GUIDELINES OF N-95 RESPIRATOR

- Never reuse surgical masks or surgical N95 respirators.
- Never wash or disinfect surgical masks or surgical N95 respirators.
- Never share surgical masks or surgical N95 respirators with others.

An N-95 should be disposed of if they become wet with saliva or respiratory secretions. Please dispose of in a regulated medical waste container.

Taking Protective Actions during a Flu Pandemic

During a flu pandemic, you can use simple actions to protect yourself and others from becoming sick with the flu. No single action protects completely. If used together, the steps below can help reduce the chances of becoming infected:

- Wash your hands often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available.
- Cover your mouth and nose with a tissue or your arm when you cough and sneeze.
- Stay away from other people if you are ill.
- Avoid crowded places and large gatherings as much as possible.

Environmental Health & Safety

122J * (210) 567-2955
https://uthealthsa.sharepoint.com/Facilities/Pages/EHS.aspx

Respiratory Protection Program Plan

HELPFUL LINKS:

- CDC FAQ on Respirator Differences/Uses
- CDC Respirator Extended & Reuse Recommendations

EH&S Staff Contacts:

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WHO SHOULD WEAR A N-95 RESPIRATOR?

Employees in need of respiratory protection in the course and scope of their employment.

Individuals must be fit tested prior to wearing a N-95. EH&S provides this service to personnel.

WHY WEAR A RESPIRATOR?

Outbreaks of new and emerging infectious diseases may present the most difficult challenges to the selection and use of respirators in healthcare and research settings where workers’ risk exposure to infectious agents such as Ebola, measles & flu.

Respirators are designed to protect people from breathing in very small particles, which might contain viruses.

PREFERRED TYPE OF RESPIRATOR:

N-95 Particulate Respirator screens out 95 percent of the particles (NIOSH Approved)

How to Wear a N-95 Respirator

1. Choose a face-piece that fits the face. Pull the head bands loose. The metallic strip should be across the bridge of your nose. Pass the hand through the head bands.

2. Put on the respirator. The head bands should be around the head and neck.

3. Press the metallic strip on both sides with the forefingers of both hands to mold the bridge of your nose.

4. Seal Check: Positive pressure checking – cover the respirator lightly with both hands. Breathe with deliberation. Air should not leak out from the side of the respirator. Negative pressure checking – Cover the respirator lightly with both hands. Suck in air with deliberation. The respirator should depress slightly inward.