SAFE USE OF YOUR MASK

NOTE: The extra effort it takes to breathe through a respirator mask can make it uncomfortable to use them for very long. These masks should be used by people who HAVE to go outdoors. Anyone with lung or heart disease should check with a doctor before using mask.

Respirator masks shouldn’t be used on young children – they don’t seal well enough to provide protection. They also don’t seal well on people with beards.

How do I use my respirator mask?
• Place the mask over your nose and under your chin, with one strap placed below the ears and one strap above. Adjust the mask so that air cannot get through at the edges.
• Pinch the metal part of the mask tightly over the top of your nose.
• Throw away your mask if it gets damaged, or if the inside is dirty.