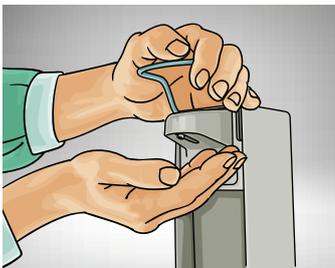


## COVID-19: DO'S & DON'TS WHEN USING FACIAL FILTERING RESPIRATORS

A review of the interim guidance provided by public health authorities such as World Health Organization (WHO)<sup>1,2</sup> and Centers for Disease Control and Prevention (CDC)<sup>3</sup> on the do's and don'ts when using Facial Filtering Respirators (FFRs) in healthcare settings during this COVID-19 pandemic indicate similar recommendations apply.

**Proper use is key to ensure its effectiveness and protection from the inhalation of droplets and particulates. Please refer to the manufacturer's instructions for the fit-testing. Also, please follow your facility policy and procedures regarding respiratory protection.**

### DO'S



Perform **hand hygiene** before donning.



Use two hands to handle the respirator. Be sure to identify and position the straps correctly based on the type of respirator. Bend nosepiece slightly at the center to form a gentle curve.



Place the respirator on your face with nosepiece in proper position and bottom securely under your chin. Securing it with one hand in the front, use other hand to pull one or both straps over your head into correct position depending on type of respirator.



Bottom strap should sit comfortably around your neck and below the ears. Top strap should fit comfortably high on the back of your head.



Place fingers from both hands at the top of the nosepiece and mold around the nose and face.

Slide fingers down both sides pushing slightly inward for a snug fit against the nose and face.

Be sure hair, clothing or jewelry do not interfere.

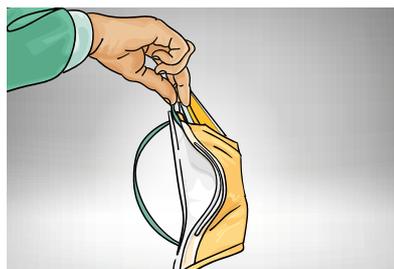


#### Perform the SEAL CHECK:

- Place both hands over the respirator without disturbing the position and exhale sharply to detect any leakage
- If air-leaks around the nose are detected, either reposition or re-do to ensure a tightly sealed fit to prevent contaminated air from leaking in
- If air-leaks are detected around the respirator edges, straps should be repositioned to get a snug fit against the face
- If unable to achieve a secure seal, seek assistance



Remove respirator from behind. Depending on type of respirator, first pull the bottom strap up and over your head. Next, do the same for the top strap. **Pull the respirator away from your face without touching the front.**

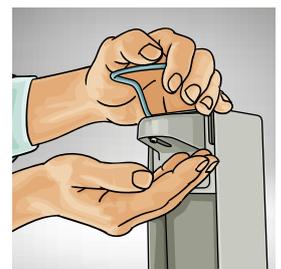


Discard and replace once the respirator becomes:

- Damaged or deformed and no longer provides an effective seal
- Contaminated with respiratory or nasal secretions, blood or other bodily fluids
- Wet or visibly dirty
- Breathing is uncomfortable



**Discard** the used respirator in a **sealed trash receptacle** in accordance with routine disposal procedures.



Perform **hand hygiene immediately** after disposal or proper storage.

## DO'S & DON'TS WHEN USING FACIAL FILTERING RESPIRATORS

### DON'TS



**Do not** don without practicing hand hygiene.



**Do not** fit and adjust nose piece or conduct seal check with only one hand.



**Do not** enter a contaminated area if you cannot achieve an air-tight seal. Seek assistance.



**Do not** touch or reposition the respirator anytime during patient care. If displaced, dispose immediately and re-don.



**Do not** remove respirator by pulling from the front to prevent contamination.



**Do not** re-use disposable respirators unless your facility is practicing extended use or re-use **due to extenuating circumstances and are** based on strict protocols you must adhere to.

### Remember

- Always ensure compliance with your local public health authorities regulations surrounding usage and selection guidance of personal protective equipment (PPE) to combat the COVID-19 pandemic.
- Follow recommended mask conservation guidelines to preserve PPE for front line healthcare workers and to ensure appropriate supply based on risk level is available.
- General advice is that a medical mask be worn in the case of a shortage of respirators.
- If there is a shortage of respirators it is recommended that they are prioritized for aerosol-generating procedures.<sup>1</sup>

### Healthcare authorities specific guidance for healthcare workers on use of facial filtering respirators



World Health  
Organization

Use a particulate respirator, at least as protective as a US National Institute for Occupational Safety (NIOSH) health-certified N95, European Union standard FFP2, or equivalent, when performing or working in settings where aerosol-generating procedures, such as tracheal intubation, non-invasive ventilation, tracheotomy, cardiopulmonary resuscitation, manual ventilation before intubation, and bronchoscopy are performed.<sup>2</sup>



Put on an N95 respirator (or higher level respirator) or face mask (if a respirator is not available) before entry into the patient room or care area. N95 respirators or respirators that offer a higher level of protection should be used instead of a face mask when performing or present for an aerosol-generating procedure.<sup>3</sup>

**References:** **1.** WHO infection prevention and control and preparedness for COVID-19 in healthcare settings Second update, March 2020. **2.** WHO Advice on the use of masks in the context of COVID-19: interim guidance, Apr. 2020. **3.** Interim Infection Prevention and Control Recommendations for Patients with Suspected or Confirmed Coronavirus Disease 2019 (COVID-19) in Healthcare Settings, <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>, Apr. 2020.

**Disclaimer:** Given the novelty of this coronavirus, recommendations from the source references are interim and advisory in nature and is based on current knowledge of the situation.