

N95 Respirator Tips and Reminders

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Here's what to remember for your upcoming N95 Respirator Fit Testing appointment:

- **Your OSHA Respirator Survey MUST be completed no later than 48-72 hours prior to fit test appointment.** You can find the OSHA Respirator Survey (also called OSHA Medical Evaluation Questionnaire) by logging into [ReadySet](#).
- Remember to refrain from eating, drinking (except water), chewing gum, or smoking at least 15 minutes before your fit testing appointment. The residual tastes and exhaled particles could impact your ability to be fit tested.
- Our **current stock of Moldex N95s (surgical N95s) are** being reallocated to surgical and procedural spaces due to fluid barrier attributes.
- We need non-surgical and non-procedural staff to:
 - Be re-fit tested to non-surgical N95 models if team members were only using Moldex N95s.
 - If you completed your OSHA Medical Evaluation Questionnaire for Respirator Fit Testing after August 1st, 2020, you do not have to submit another questionnaire if re-fit tested to another N95.
 - For more information on fit testing and PPE, please see the [Fit Testing FAQs](#) document and the [Health Care Professionals Resources Page](#).

Here are some tips and updates regarding routine use of N95 Respirators:

- Wearing an N95 for extended periods of time can be taxing. Check out the [Prolonged Mask Use Self-Care Tips](#).
- Wearing an isolation mask over an N95 respirator voids the respirator's NIOSH-approval and is NOT permitted. Wearing a face shield with an N95 respirator is the recommended alternative for splash and spray protection.
- Remember to perform a "[N95 Seal Check](#)" each time you don your N95 respirator to ensure a proper fit.