

1 Choose a small or medium-sized face-piece that fits the face. Pull the head bands loose. The metallic strip should be uppermost. Pass the hand through the head bands.



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



3 Press the metallic strip on both sides with the forefingers and middle fingers of both hands.



4 **Seal Check:**

Positive pressure checking – cover the mask lightly with both hands. Breathe with deliberation. Air should not leak out from the side of the mask.



Negative pressure checking – cover the mask lightly with both hands. Suck in air with deliberation. The mask should depress slightly inward.



Your mask can protect you
Stay healthy!

