

Wearing an N95 mask – also called a respirator – can help protect your lungs from infectious respiratory diseases and poor air quality when worn correctly.



Step 1: Preparing

Wash and thoroughly dry your hands before applying a new mask. Inspect your mask to make sure it is not damaged or dirty.



Step 2: Putting on Your Mask

Hold the mask in one hand with the nose piece bar at your fingertips. Place the mask under your chin with the nose piece bar at the top.

Step 3: Securing Your Mask

With your other hand, pull the top strap over your head. Place it near the crown, just above your ears. Next, pull the bottom strap over your head and place it at the back of your neck, below your ears. Make sure both straps lay flat.



Step 4: Seal and Check Your Mask

Place your fingertips on top of the nose piece and press down to mold it to the shape of your nose. Perform a seal check to make sure there are no gaps that will let in contaminated air. There are two ways to perform a seal check.

Perform a positive check by gently placing your hands over the mask, covering as much as possible and breathing out. If you feel air leaking out or if you wear glasses and they become foggy, the mask is not snug.

Perform a negative check by gently placing your hands over the mask and breathing in sharply, using the bottoms of your hands to block paths where air could enter. If the mask is properly fitted, it will slightly collapse. If it does not collapse or you feel air leaking beneath, the mask is not snug.



Step 5: Removing Your Mask

Do not touch the front of your mask, as it may be contaminated. Pull the bottom strap over the back of your head, then the top strap. Discard the used mask and wash your hands.



Tips:

- Jewelry, glasses and facial hair can cause gaps between your face and your mask. Gaps can also occur when your mask is too big or too small.
- If your mask looks different than the one shown, you can find instructions for using your model on the manufacturer's website.

Visit Lung.org/masks
or call the Lung HelpLine
at 1-800-LUNGUSA
to learn more about
protecting your lungs.

Source: Centers for Disease Control and Prevention (2022)

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