



First Nations Health Authority  
Health through wellness

# KN95/N95 Respirators Information for Individuals

## What is inside this package?

### KN95/N95 Respirator



N95 respirators  
with TC-84A #####n  
approval number  
stamp



95PFE products or  
CSA certified CA-N95  
and CA-N99 type  
respirators marked  
with CSA Z94.4.1  
standard



KN95 respirators  
that meet standard  
GB 2626-2019



KF94 respirators  
that meet standard  
KMOEL-2017-64



FFP2 respirators  
that meet standard  
EN 149-2001

## Why are First Nations Communities receiving the KN95/N95 respirator?

A respirator can be used in communities as an alternative to a mask to reduce the risk of spreading or getting COVID-19 in settings where there may be a higher risk of catching the virus. Fit testing is not required for respirators for community use.

These masks are intended for use by people who are 12 years of age and older.

Communities are being provided with an initial allocation of two masks per community member 12 and older, so it is important to prioritize the use of these masks for settings where the risk of getting COVID-19 is higher (see next question).

## When should you choose to wear a KN95/N95 respirator?

A respirator is recommended in the following situations:

- When living with or caring for someone who has symptoms of COVID-19. (When caring for a symptomatic person make sure that you continue to use other equipment such as eye protection, gloves, and a gown)
- Entering a Community Health Centre.

A non-medical mask is appropriate for other settings, such as indoors in poorly ventilated spaces or when physical distancing of two meters cannot be maintained.

## Important Considerations:

COVID-19 vaccinations - including booster shots when it is time - are an important way to protect against transmission of the virus.

Keep up with all other COVID-19 prevention recommendations such as: staying home when sick, wearing a non-medical mask when mandated in indoor settings, staying two meters apart, reducing the number of people inside a space, and handwashing. All of these steps work together with vaccinations to reduce the spread of COVID-19.

## How to put on your KN95/N95 respirator:



**1**  
Wash or sanitize your hands before putting on the respirator.



**2**  
Cup the **respirator** in your hand with the nosepiece (thin metal or plastic bar) at your fingertips.  
Cup the **respirator** by holding it under your chin with the nosepiece up.  
Place over nose and mouth.



**3**  
Place the ear loops securely behind the ears. If your mask has straps that go around the head, place the strap to rest at the top of the back of the head. If you have a second strap, the top one should sit above your ears and the lower one should sit below your ears.



**4**  
Mold the nosepiece around the bridge of your nose with both hands to create a snug fit.

## Make sure your respirator fits well for the best protection

Check for any air leaks after putting the respirator on by:

**1.** Covering the respirator with both hands.

**2.** Take a deep breath in and out.

*When you breathe in, the respirator should pull in towards your face. When you exhale, you should **not** feel air escaping from around the edges.*

**3.** Adjust as needed.

*If air leaks in or out at the nose, press on the nosepiece. If air leaks in or out at the cheeks or chin, tighten and knot the straps. If you have a beard, it may be difficult to get a good seal. Do not use an additional mask over the respirator.*

## Steps for removing a Respirator

**1**  
Wash or sanitize your hands before taking off the respirator.

**2**  
Do not touch the front of the respirator.  
Remove respirator using the ear loops, or if the mask has straps that go around the head, make sure you pull off the bottom strap, then the top strap.

**3**  
Respirators are typically labelled as single-use, but they can be re-used as long as they are not visibly damp, dirty or damaged.

**4**  
Wash or sanitize your hands after taking off the respirator.