

# How to put on and take off a P2/N95 mask

To protect you and help stop infections spreading, follow these instructions for how to put on your P2/N95 mask and check that it fits tightly to your face with no gaps for air to leak out.

## How to put on a P2/N95 mask



Clean your hands.



Check the mask isn't damaged, dirty or wet.



Hold the mask in your hand with the nose wire at the ends of your fingers and the elastic straps hanging down.



Bring the mask up to your face, with the bottom edge of mask under your chin and the nose wire at the top, covering your nose, mouth and chin.



Pull the top strap over your head, placing it above your ears. Then, pull the bottom strap over your head, placing it at the back of your neck and below your ears. Do not crisscross the straps.



Fit the mask well to your face, pushing down firmly along your nose and cheeks.



Check the edges of the mask for gaps. Place your hands on the mask (cupping the sides) covering as many edges of the mask as possible, then breathe out.



No air should leak from the edges. Check for gaps every time you put on your P2/N95 mask.

## How to remove a P2/N95 mask



Pull the straps up and over your head.



Dispose of mask in a rubbish bin, not in a recycling bin.



Clean your hands.

Find out more about face masks  
[covid19.govt.nz/masks](https://covid19.govt.nz/masks)