A respirator is made of filtering material that protects you from breathing in small particles from viruses, smoke, and other substances. N95s provide the minimum recommended level of filtration by filtering 95% of particles.

Your employer must offer a respirator if:

- You are not fully vaccinated for COVID-19 and request one.
- Wildfire smoke causes the Air Quality Index to be 151 or higher.
- You require one for a job-specific task.
How to Wear a Respirator

1. Pull bottom strap over head and place on lower part of head, below ears.
2. Pull top strap over head and place on top of head.
3. Press gently on the nose piece.
4. Check for air leaks by placing both hands gently on mask and breathing in and out. If the respirator does not sink a little when you breathe in, tighten the straps and the nose piece.