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 have not been vaccinated for COVID-19 and you request one.
- Wildfire smoke causes the Air Quality Index to reach 151.
- You require one for a task, such as spraying pesticides.
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, adjust the straps and the nose piece.