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For Best Protection

## Respirators

A respirator is made of filtering material that protects you from breathing in small particles from viruses (such as COVID-19), smoke, and other substances. N95s provide the minimum recommended level of filtration by filtering 95% of particles.

## Your employer must provide a free respirator if:

- You request one when working indoors or in vehicles with more than one person.
- You request one when wildfire smoke causes the Air Quality Index to be 151 or higher for PM2.5.
- · You require one for a job-specific task.



## How to Wear a Respirator

- Pull top strap over head and place on top of head.
- Pull bottom strap over head and place on lower part of head, below ears.
- Press gently on the nose piece.
- 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.