







Employee/Student Health Update: N-95 Respirators and Fit Testing

- Mask fit testing for N-95 respirators (masks) is an annual OSHA requirement for certain staff members. This includes those who provide direct care for patients with airborne diseases, or the potential to enter the room of patients with airborne diseases. These patients are indicated by being placed on airborne isolation precautions.
- N-95 mask fitting is done once per year along with an Annual Health Assessment at the Employee/Student Health Office.
- ***You should only wear the N-95 respirator that you are fit tested for.***

The following N-95 respirators are currently available at Upstate and Employee/Student Health is currently fit testing staff members for these masks.

Make/Model	Picture	Notes
Halyard Regular/ Small		Two sizes- Regular/small "Duckbill mask" Fluid resistant
3M 1870+		"Aura" mask Red strap Fluid resistant
3M 1860/1860S		Two sizes, regular/small Fluid resistant

3M has DISCONTINUED THE 8210/8210, AURA 9205+ and 9210 series. If you are currently fitted in one of these masks, please schedule an updated mask fit test with Employee/Student Health at Upstate.

Make/Model	Picture	Notes
3M 8210/8210+		DISCONTINUED
Aura 9205+		DISCONTINUED Blue strap
3M 9210/9210+		DISCONTINUED White strap



As a friendly reminder, please keep these tips in mind to help keep yourself safe:

1. ALWAYS perform a seal check after donning the N95 mask and before entering a patient room.
 - Cups your hands around the N95.
 - Forcefully exhale into the N95.
 - Should you detect an air leak, adjust the mask until the leak is corrected.
2. If you are unable to successfully seal the N95 mask, obtain a new N95 and perform a new seal check.
3. If that does not correct the problem, notify your manager/supervisor.
Note: You must be clean shaven where the mask meets the face to obtain a proper seal.
 - If it has been over a year since your last mask fit test or annual health assessment, please schedule an appointment at Employee/Student Health.
 - Appointments can be scheduled via the portal at <https://eshportal.upstate.edu/> or by calling 315-464-4260 (UH) or 315-492-5624 (Community).

Thank you for all that you do! Stay well!

Employee/Student Health

(315) 464-4260 (UH)

(315) 492-5304 (CG)

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