



## **N95 Mask Fit Testing Participant Instructions – PLEASE READ AND FOLLOW THESE INSTRUCTIONS**

- Please arrive on time for your scheduled time slot.
- Please Check In with the Advance Healthcare Site Coordinator upon arrival.
- **Please bring your completed and printed Health Assessment Form with you.**
- **Please do not eat or drink anything other than water for 30 minutes prior to your test.**
- **Please do not chew gum for 30 minutes prior to your test.**
- **If you have shoulder length hair or longer, you must place it in a ponytail or bun.**
- For males, you must be clean shaven unless you have a beard for cultural/religious reasons. For cultural/religious reasons, please trim your beard as short as you are able and we may not be able to guarantee a proper fit. Our Test Consultants are very accustomed to testing Participants with beards for cultural/religious reasons.
- Mask Fit Testing takes approx. 10 - 15 minutes per person on average but depending on the individual, it can be longer or shorter. Please be patient as you wait for your Fit Testing.
- Women must remove lipstick.
- The Testing Apparatus and all equipment are fully sanitized in between tests.
- Once your test is complete you will receive a Mask Fit Test Card indicating which mask you have been fitted for.
- Following your Mask Fit Testing, your employer or school will be sent a report indicating the type of mask that you have passed your test on.