



**PUBLIC HEALTH DEPARTMENT**  
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## **PRESS RELEASE**

### **December 7, 2017**

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### **SOUTH COUNTY MASK DISTRIBUTION SITES**

**(SANTA BARBARA, Calif.)** -- Sites for distribution of N 95 masks on Thursday, December 7 will be:

- Costco in Goleta beginning at 11 am – 4:30 pm on Thursday 12/7/17.
- Franklin Community Center at 1136 East Montecito Street beginning at 1:00-4:30 pm on Thursday 12/7/17
- Carpinteria City Hall 11:30 am – 4pm, 5775 Carpinteria Ave

With the Thomas Fire continuing to burn it is anticipated that there will be continued concerns about air quality. **N95 masks**, when fitted properly, offer some limited protection from fine particles in smoke. *Ordinary dust masks and surgical masks are not effective.*

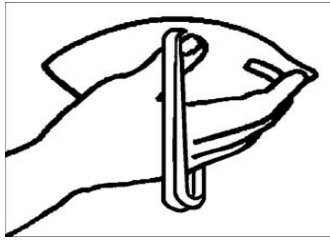
There are not enough masks to provide one for everyone in South County. These masks are best for those with sensitivities who have to be outdoors for short periods of time. These masks do not filter out all harmful gases. They also must fit properly to be effective.

Carefully read and follow the proper instructions (attached) to create a fitted seal around the nose and mouth.

Note: N95 masks do not come in sizes suitable for small children. All children, and especially those with asthma or other chronic health conditions, should avoid outdoor activity that would expose them to breathing in smoky air for extended periods of time. People who use inhalers for asthma or other conditions should make sure they have access to their inhaler, and refill prescriptions if necessary.

For more information call (805) 681-4373.

## Directions for Using Your N-95 Mask



1. Cup the respirator in your hand, with the nosepiece at your fingertips, allowing the headbands to hang freely below your hand.



2. Position the respirator under your chin with the nosepiece up. Pull the top strap over your head resting it high at the top back of your head. Pull the bottom strap over your head and position it around the neck below the ears.



3. Place your fingertips from both hands at the top of the metal nosepiece. Using two hands, mold the nose area to the shape of your nose by pushing inward while moving your fingertips down both sides of the nosepiece.

**Pinching the nosepiece using one hand may result in improper fit and less effective respirator performance. Use two hands.**



**Fitting Instructions: Must be followed each time respirator is worn.**

4. Perform a User Seal Check prior to each wearing. To check the respirator-to-face seal, place both hands completely over the respirator and exhale. Be careful not to disturb the position of the respirator. If air leaks around nose, readjust the nosepiece as described in step 3. If air leaks at the respirator edges, work the straps back along the sides of your head.

**Removal Instructions**

See step 2 of *Fitting Instructions* and cup respirator in hand to maintain position on face. Pull bottom strap over head. Still holding respirator in position, pull top strap over head and remove respirator.

**If you experience difficulty breathing, claustrophobia or any other health issues while wearing the N-95 respirator discontinue use, return to a safe environment and inform your supervisor.**

**It is recommended that the N-95 respirator be changed when it is difficult to breath through, is dirty on the inside, and at least at the end of each shift.**

## Instrucciones de ajuste

Debe seguir estas instrucciones durante el tiempo que use el respirador.

1. Pre-estire la banda superior e inferior antes de colocarse el respirador en la cara (sólo 8210) (Fig. 1).
2. Coloque el respirador en su mano de modo que la pieza nasal quede en la punta de los dedos, permitiendo que las bandas para la cabeza cuelguen libremente debajo de su mano (Fig. 2).
3. Coloque el respirador debajo de su barbilla con la pieza nasal hacia arriba. Jale la banda superior sobre su cabeza de modo que quede justa por detrás en la parte superior de la cabeza. Jale la banda inferior sobre la cabeza y colóquela alrededor del cuello debajo de las orejas (Fig. 3).
4. Coloque las puntas de los dedos de ambas manos en la parte superior de la pieza nasal metálica. Con ambas manos moldee el área nasal a la forma de su nariz empujando hacia dentro mientras mueve las puntas de los dedos hacia abajo en ambos lados de la pieza nasal (Fig. 4).  
▲ Si presiona la pieza nasal con una mano es posible que logre un mal ajuste y el desempeño del respirador sea menos efectivo. Use ambas manos.
5. Antes de cada uso realice una revisión del sello. Para revisar el sello facial del respirador coloque ambas manos sobre el respirador y exhale con fuerza. Tenga cuidado de no mover el respirador de su posición. Si hay alguna fuga de aire alrededor de la nariz vuelva a ajustar la pieza nasal como se describe en el paso 4. Si hay fugas en las orillas del respirador coloque las bandas traseras a lados de su cabeza (Fig. 5). **NO entre en el área contaminada si NO PUEDE lograr un buen sello. Consulte a su supervisor.**

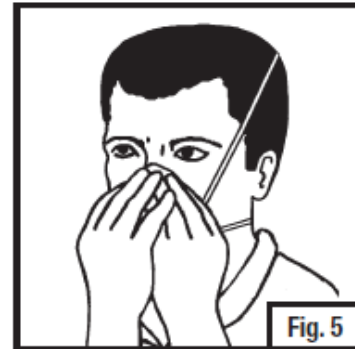
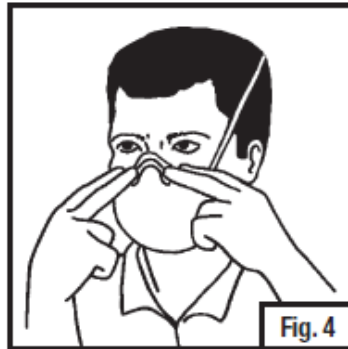
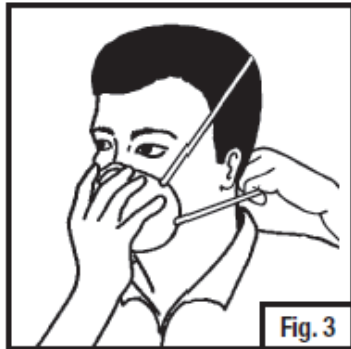
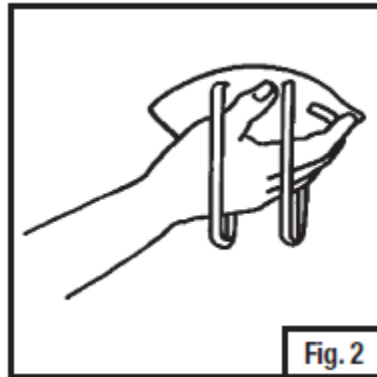
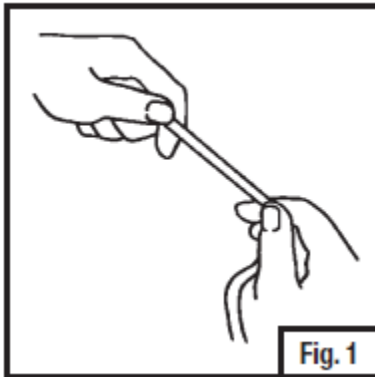
## Instrucciones de remoción

Consulte el paso 3 de las *Instrucciones de ajuste* y coloque el respirador en la mano para mantener la posición en la cara. Jale la banda inferior sobre su cabeza. Con el respirador en posición, jale la banda superior sobre la cabeza y quíteselo.

Este respirador no contiene componentes hechos de látex de hule natural.

## Aprobado por NIOSH: N95

95% mínimo de eficiencia de filtración contra aerosoles sólidos y líquidos que no contienen aceite.



## Limitación de tiempo de uso

Abandone de inmediato el área contaminada si el respirador se daña, ensucia o si se dificulta la respiración, y reemplácelo.

### PARA OBTENER MÁS INFORMACIÓN

En Estados Unidos:

Internet: [www.3M.com/PPESafety](http://www.3M.com/PPESafety)

Internet: [www.3m.com.mx/saludocupacional](http://www.3m.com.mx/saludocupacional)

O llame a 3M en su localidad.

