

# Helping you Wear it Right

## Putting On Your 3M™ Particulate Respirator 8612F\*

For Use by the General Public in Public Health Medical Emergencies.

For proper use, see the *User Instructions* provided inside product packaging.



# 1



### Prepare To Use Respirator

- Wash your hands thoroughly with soap and water or an alcohol-based hand cleaner before handling.
- Inspect respirator for holes, tears or other damage to surfaces, straps, metal nose strip and nose foam. Get a new respirator if damaged.
- Remember, nothing should be between your face and the respirator, including hair, facial hair, jewelry, clothing, etc.
- If you wear glasses, read steps 2 through 4, then remove glasses before putting on the respirator.

# 2

### Place Respirator On Face



- Place respirator against your face, with the bottom under chin and metal nose strip across bridge of nose.



- Pull the top elastic band over your head and place high at the top back of your head.



- Next, pull the bottom elastic band over your head and place around the neck below the ears.

# 3



### Adjust The Metal Nose Strip

- Use both hands to bend the metal nose strip to fit snugly against your nose and face. The respirator may not fit as well if you pinch the metal nose strip using one hand. Use two hands.
- Slide fingers down both sides of metal nose strip to seal it against your nose and face.

# 4

### Check The Respirator-To-Face Seal



**Remember: Putting the respirator on correctly means more of the air that you breathe goes through the respirator filter.**

Completely cover the outside of the respirator with both hands. Do not push the respirator against your face. With your hands in place on the surface of the respirator, exhale or breathe out sharply. If you feel air blowing on your face or eyes, the respirator needs to be adjusted. To adjust, repeat steps 2,3 and 4. When the respirator has a good fit, you will not feel any air blowing on your face or eyes. If you can't get a good fit, try a different model respirator. Return glasses to face, if applicable.

Although the 8612F respirator is designed to fit a variety of adult face sizes, it is not designed for use by children.

### How To Remove And Dispose Of Your Respirator

Go to a clean, safe area away from other people to remove your respirator.

**Important: Touch only the straps and not the surface of the respirator when removing. It is recommended to wash your hands thoroughly with soap and water or an alcohol-based hand cleaner before and after removing your respirator.**



- Without touching the respirator, lift the bottom strap from around your neck up over your head.



- To avoid snapping the respirator, SLOWLY lift off the top strap.



- Properly dispose of your used respirator by carefully placing in a closed wasted container. You should never share respirators. Wash your hands after disposal.

\*These instructions have been specifically designed for model 8612F, a non-valve, cup style respirator for non-occupational use. Fitting instructions for additional models can be found at [www.my3MN95.com](http://www.my3MN95.com).

#### ▲ WARNING

**IMPORTANT:** This respirator is intended to help reduce breathing in pathogenic biological airborne particulates or germs during public health medical emergencies, such as an influenza pandemic. If you do not follow all instructions and limitations on the use of this respirator and/or do not wear this respirator during all times of exposure to the airborne germs, the respirator may not be as effective. The respirator cannot stop the breathing in of all germs in the air and does not eliminate the risk of disease or illness. For proper use of this respirator, see the *User Instructions* inside the package or call 3M at 1-888-436-3636.

# 3M

# Important Safety Information

## 3M™ Particulate Respirator 8612F For Use by the General Public in Public Health Medical Emergencies.

(Keep this bulletin for future reference.)



### IMPORTANT:

If you have pre-existing lung disease such as asthma or emphysema, underlying heart disease such as heart failure or other health conditions, you may have difficulty breathing through respirators and should consult your healthcare provider (doctor) before use.

Standards regulating respirator training for the general public have not been established. For your respirator to help reduce the number of germs you breathe, you must read and follow the *User Instructions* included in the packaging.

### 1. Select The Right Respirator

- The U.S. Food and Drug Administration (FDA) has cleared this respirator (model 8612F) for use by the general public in public health medical emergencies, such as an influenza pandemic, to help reduce wearer exposures to airborne germs. This respirator is not intended for any other use.
- 3M respirators are designed for adult face sizes and shapes (not for use by children). To determine if the respirator fits you, follow the instructions included with the respirator. Always check your fit when you wear it.
- The 8612F respirator has been certified by the National Institute for Occupational Safety and Health (NIOSH) as an N95 for filtration efficiency. For more information on NIOSH certification, see the NIOSH approval label included in the packaging.

### 2. When To Wear Your Respirator

- To be most effective, use the respirator when you are directed by a public health authority or whenever you are exposed to germs in the air during a public health medical emergency, such as an influenza pandemic.

### 3. Use It Correctly

- Although the respirator can help reduce the number of germs you breathe, it will not eliminate the risk of disease or illness.
- Do not alter, abuse or use this respirator for any purpose other than those stated.

### 4. Prepare Yourself

- Practice putting a model 8612F respirator on to make sure you are ready in the event of a public health medical emergency, such as an influenza pandemic.
- **Anything that comes between the respirator and your face will make the respirator less effective by interfering with its fit. Men should shave every day that they may use the respirator. Hair, jewelry and clothing should not be between your face and the respirator.**
- Wash your hands thoroughly with soap and water, or use hand sanitizer, before handling the respirator.

### 5. Inspect Your Respirator

- Inspect respirator for holes, tears or other damage to surfaces, straps, metal nose strip and nose foam. If your respirator has been damaged – DO NOT USE IT. Get a new one.

### 6. How To Wear

- For more details, consult the fitting instructions included with the respirator. Fitting instructions are also available on 3M's website [www.my3MN95.com](http://www.my3MN95.com).

### 7. When To Replace

- Go to a clean, safe area, and replace your respirator if it is damaged, or if it becomes harder to breathe through.
- This is a single use respirator. Dispose of respirator after each use.
- You should never wash, disinfect, reuse or share your respirator with others.

### 8. Do Not Use

- Do not use this respirator for any purpose other than those stated.

For additional information, see [www.my3MN95.com](http://www.my3MN95.com) or call 3M at 1-888-436-3636.



### General Offices

3M Center  
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70-0714-8818-6

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