

Respirators and Masks

N-95 respirators are no substitute for being indoors in the setting of smoke exposure. If need to go outside and have access to an N-95 respirator you would like to use, here is what you need to know about N-95s and smoke exposure:

- N-95 respirators may not be helpful for all people, when trying to avoid smoke exposure and may be dangerous for certain people with lung or heart conditions.
- Certified N-95s are not available for children. Children should not wear these masks; they do not fit children properly and can impede breathing.
- If you choose to wear an N-95 respirator, follow the manufacturer's recommendations for proper fit.
- Wearing an ill-fitted N-95 respirator can lead to a false sense of security about smoke protection and to over exertion.
- Taking an N-95 respirator on and off can cause fine particulate matter to build up in the respirator, which the wearer will breathe when it is put back on the face.
- N-95 respirators, even when worn properly, can become uncomfortable and hot.
- If an N-95 makes you feel better, wear it. If you feel worse, don't! N-95s are not meant for everyone.

Click [here](#) or go to <https://sf-fire.org/your-safety> for other safety tips in English and Spanish