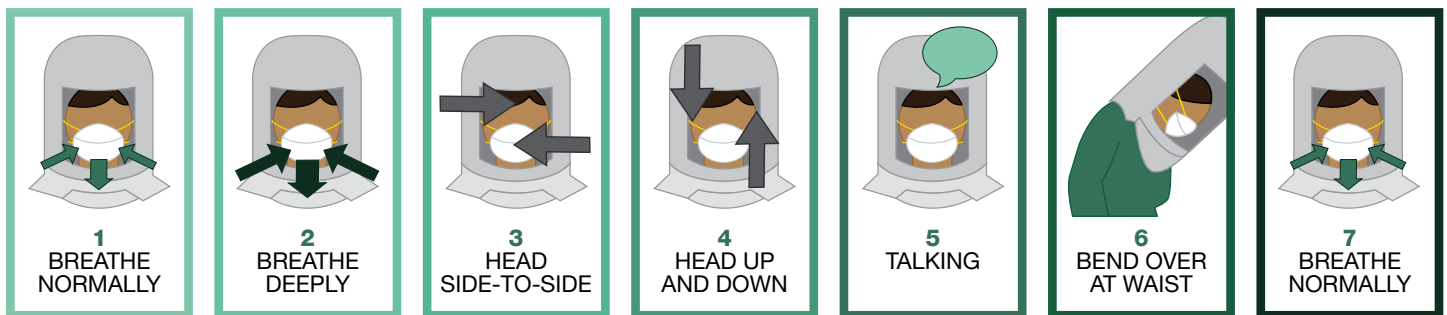


How to Prepare for Your Qualitative Fit Test

The goal of infection control in health care facilities is to keep people from getting sick. Respirators keep the wearer from breathing in harmful particles in the air. An N95 is a commonly used respirator. It filters out very small particles, including small droplets that can carry germs. A qualitative fit test is a simple procedure that makes sure your respirator is comfortable and protects you properly before you use it.

WHAT TO EXPECT

1. Expect the fit test to take about 15-20 minutes to complete. The fit tester should explain the full procedure before starting.
2. Tell your fit tester if you are allergic to the bitter or sweet tasting solution they are using, or if you have any other questions or concerns about the fit test.
3. Put the test hood on without a respirator, breathe through your mouth, and tell your fit tester if you can taste the solution that is sprayed into the hood.
4. With help from your fit tester, choose a suitable respirator. Clean your hands, don your respirator, and check its seal.
5. Put the test hood on with a respirator, perform seven exercises (see diagrams below) for one minute each with guidance from your fit tester, and tell them if you taste the solution sprayed into the hood.
6. If your respirator protected you from tasting the solution, you have passed the fit test. If you tasted the solution at any point, you have failed the fit test. Choose a different respirator and try again.



REMEMBER

Your employer will provide respirator training before your fit test. Training and fit testing are repeated every year, or more often if you have:

- Changes in working conditions
- Changes in respirator make, model, or size
- An obvious change in body weight (e.g., weight loss or gain over 20 pounds)
- Extensive dental work, scarring, or surgery

TO LEARN MORE

- [Iowa HHS: Respirators and Fit Testing in Iowa](#)
- [NIOSH: Filtering Out Confusion](#)
- [NIOSH: Fit Test FAQs](#)

TEST DAY CHECKLIST

- Have you been medically cleared to wear a respirator?
- Do you know how to inspect, put on, seal check, and take off your respirator?
- Are you clean-shaven so your respirator seals tightly?
- Have you tied back long hair away from your face?
- Did you remove facial jewelry and hair coverings that could interfere with your respirator's seal?
- Did you avoid eating, drinking, smoking, using flavored lip balm, and chewing gum for 15 minutes before?