



病人教材

传染病的预防及控制科



如何防范由空气传染的疾病

使用 N-95 的呼吸器/口罩的正确方法

此小册为您解释您何时需要戴 N-95 的呼吸器/口罩以保护您的健康。它亦为您解说使用的正确方法。

如需其他资讯请与护士联系。

为什么我应该使用 N-95 的呼吸器/口罩？

N-95 的呼吸器/口罩用于不同的情况下，以保护人们免受由空气传染的疾病：

- 如果您是来访问空气传染的患者，您可能被要求使用 N-95 呼吸器/口罩以保护自己。
- 作为一个病人，当您离开您的病房时，您可能被要求戴上呼吸器或/口罩以保护自己。
- 其他需要使用呼吸器/口罩的情况；如爆发禽流感或其他由空气传染的疾病。

N-95 呼吸器/口罩如何保护我？

它可从您呼吸的空气中过滤出微小的颗粒，为您提供了一个密封的屏障。这是医护界里最常见的呼吸器。

我如何使用此口罩？



将口罩对着您的脸部。与您的鼻梁对齐。覆盖鼻部。



将上方的带子套在头部。



将下方的带子套在颈部**贴着皮肤**
(您可能需要将颈部的头发挪开
以便正确的将带子放妥)。



最后、将鼻梁上的金属小条夹紧
鼻梁。以手指由鼻梁向颧骨将口
罩压紧使它紧贴您的皮肤。

确认您的口罩使用正确

戴口罩后、进入防范区前您需要检查它是否戴得合宜、有效。使用下列的几个步骤检查口罩是否密封。

- 以两手覆盖口罩轻轻吸气。察看口罩有否些微下榻且不会漏气。
- 然后再轻轻吐气、以两手覆盖口罩察看口罩有否些微充气且不会漏气。
- 如发现漏气调整口罩及鼻梁的金属条,直到不再漏气为止。
- 如仍然漏气、可请护士协助。

您有疑问吗？

请致电 206-598-6122

您的疑问是非常重要的。当有疑问或顾虑时，请致电您的医生或医护人员。华大医院诊所的工作人员也可随时给您协助。

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使用 N-95 呼吸器或口罩

- 当您戴着 N-95 口罩进入防范区后请勿调整它。在使用中移动它会导致漏气。此外、触摸后您的手或脸部会被感染。
- 如口罩受损坏、污染、或沾湿、或使您呼吸困难、应即时离开此防范区。当您离开该地区后、将口罩取下丢在指定的废物箱。（请参看下列图解如何安全地取下口罩。）

如何安全的取下 N-95 呼吸器/口罩？



到安全的地方才取下口罩：

一手将口罩贴紧面部、以另一手将下方的带子拉出头部。



仍然固定口罩的位置、以另一手将上方的带子拉出头部



将口罩取下丢在指定的废物箱。

此为一次口罩。（此口罩仅适与一次性使用。）



将口罩丢弃后、以清洁剂净手、或以肥皂清水洗手。



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Protecting Yourself from Airborne Infections

Wearing an N-95 respirator/mask

This handout tells you when you may need to wear an N-95 respirator/mask to protect your health. It also describes how to put on and remove one correctly.

For help or more information, please talk with a nurse.

Why should I wear an N-95 respirator/mask?

N-95 respirator/masks are used in different situations to protect people from airborne illnesses:

- If you are visiting someone in the hospital who has an airborne illness, you may be asked to wear an N-95 respirator/mask to protect yourself.
- As a patient, you may be asked to wear the respirator/mask for your protection when you leave your hospital room.
- Other conditions may make using the respirator/mask advisable, such as a major outbreak of flu or another airborne illness.

How does the N-95 respirator/mask protect me?

The mask filters small particles from the air that you breathe and provides a face-to-mask seal. It is the most common respirator used in the health care setting.

How do I put the mask on?



Hold the face piece to your face. Make sure it is centered and the bridge of your nose is covered.



Place the top strap around the crown of your head



Place the lower strap behind your neck **against your skin**. (You may need to move your hair away from your neck to place the strap correctly.)



Lastly, secure the nose brace to your nose. Using as many fingers as possible, press in starting at the bridge of your nose and work out along your cheekbones until the mask fits snugly against your skin.

Check to Make Sure the Mask Is Working

After putting on the mask, you must check it to make sure that it fits and is working correctly. Do these steps to check the seal on the mask:

- Cup both hands over the face piece and inhale gently. Check to see that the face piece collapses slightly and that no air leaks around it.
- Then exhale gently, still cupping your hands over the face piece. Check to see that the face piece bulges slightly and there are no air leaks around it.
- If you find a leak, adjust the face piece and nose brace until the mask stops leaking.
- If it continues to leak, ask for help from a nurse.

Questions?

Call 206-598-6122

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff is also available to help at any time.

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Using the N-95 Respirator/Mask

- Do NOT adjust your N-95 face piece while you are wearing the mask. Moving the face piece during use can cause it to leak. And, touching it will bring contaminants that may be on your hands up to your face.
- If the mask becomes damaged, soiled, or wet, or if it is hard for you to breathe through it, leave the area where you have been advised to wear the mask. Once you are away from that area, remove the mask and throw it away in the waste container that is provided for this purpose. (See the instructions below for safely removing the mask.)

How do I safely remove the N-95 respirator/mask?



When you are in an area where it is safe to remove the mask:

Hold onto the mask with 1 hand to keep it in position on your face. Pull the bottom strap over your head with the other hand.



Still holding the mask in position, pull the top strap over your head with your free hand.



Remove the mask from your face. Throw it away in the waste container that is provided for this purpose.

Use the same mask only 1 time. (This type of mask is NOT meant to be used more than once.)



After discarding the mask, clean your hands with hand gel or wash them with soap and water.



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