

## Facemasks for the reduction of aspergillus spores in the air that you breathe

### ***Introduction***

This information applies to fitting disposable FFP2 and FFP3 masks. The 3M 9320 mask is used here for demonstration purposes.

### ***Things to consider prior to fitting:***

- If you wear glasses, you should remove them before fitting as they will interfere with achieving an effective seal.
- Facial Hair – If you have a moustache/beard and it goes beyond the border of the mask then an effective seal will not be achieved. A half mask or powered respirator will be required.

### ***fitting instructions:***

1. Open out the mask: lift straps & pull the flaps apart



2. Cup lower flap of mask under chin with one hand and slip straps over your head with the other.





3. Adjust straps so lower strap is below ears and upper strap is over crown of head.



4. Adjust top and bottom of mask for a comfortable fit.



5. Using index and middle fingers of both hands together, mould the nose clip over your nose and smooth onto your cheeks. Do not pinch the clip as this may prevent you getting an effective seal.



6. Check, using a mirror that your mask is on straight and flaps are not folded under. Adjust if necessary.



### **Additional important Information:**

Your facemask should be the first item of Personal Protective Equipment (PPE) that is put on and the last item taken off. This is important because:

1. it will prevent you from being exposed to allergen material on the other PPE you are wearing as you take it off, and
2. it will prevent the inner surface of your mask becoming contaminated if you are going to re-use it.

NB: If you wear a cap or hat your face mask should be put on before the cap or hat.

## UK suppliers

Patients have successfully sources FFP2 facemasks from the following suppliers:

- Graham's Machinery, Chester - 01244 376 764 (they told me they sell boxes of 10 masks)
- SMH Products Ltd, St Helens - 01744 26660 (as well as 3M ones, sell another fold flat FFP3 mask by 'REPAIR' in a box of 5)

Let us know if you have a local supplier! Email: [admin@aspergillus.org.uk](mailto:admin@aspergillus.org.uk)

I can also suggest online sources such as

- <http://www.protectivemasksdirect.co.uk/>
- [http://www.spservices.co.uk/product\\_info.php?products\\_id=4319](http://www.spservices.co.uk/product_info.php?products_id=4319)
- <http://www.surgical-face-masks.co.uk/medical-face-masks.htm>
- <http://www.amazon.co.uk/3M-Respirator-Face-Mask-Power/dp/B000IX313W>

and many more – search Google for 'ffp2 facemask'