

Reminders!

Administering Sensitivity and Fit Test Solutions

To do a fit test, you need a sensitivity solution and a fit test solution. Sensitivity solution tests to see if the person can taste the solution. Fit test solution tests the seal of the N95.

- To fit test N95s, use either a pair of bitter solutions (Bitrex), or a pair of sweet solutions (Saccharine).
- **Do not interchange** bitter with sweet solutions between the sensitivity and fit tests.

Sensitivity Test

- Use **Sensitivity Solution** for this part of the test.
- This test determines the number of squeezes needed for the person to detect the taste. This is their 'taste point.' The taste point is crucial for knowing how many sprays of fit test solution to give during the fit test exercises.
- Perform the sensitivity test before starting the fit test exercises!

Important! The person must have nothing by mouth for 15-minutes prior to testing.
No food, drink (other than plain water), gum, breath mints, tobacco, vape, etc.

Sensitivity test reminders:

1. Have the person remove any face coverings for the sensitivity test.
2. Remind the person to slightly stick their tongue out and breathe through their mouth.
3. Using Sensitivity Solution, give 10 sprays at a time, up to 30 maximum. Stop when they taste the solution (do not go over 30 sprays). Spray side to side. DO NOT spray it directly into their mouth.
4. After they taste the solution, have them rinse out their mouth with water and wipe their lips.

Before the Fit Test Exercises

- After the Sensitivity Test, have the person put on the N95 and do positive/negative seal checks according to the N95 manufacturer.
- They must wear the N95 for 5-minutes before you can start the fit test exercises. Do this for each N95 the person tries.

Fit Test Exercises

- Use **Fit Test Solution** for this part of the test.
- Do not keep the hood on any longer than necessary. Carbon dioxide can build up in the hood the longer it stays on the person's head. The hood may fog up, especially if testing in a cool environment.

Fit test reminders:

1. Instruct the person to breathe through their mouth and tell you if they taste the solution.
2. Test each exercise for **one full minute** while you deliver the fit test solution every 30-seconds.
3. Do not let the hood fall off the person's head during fit testing.

Use the table below to find range that includes the number of squeezes when the person first tasted the sensitivity solution (e.g., if they tasted it at 6 squeezes, use row "1 to 10"). Follow that row across the table to find the number of squeezes of 'Fit Test Solution' you will need for the fit test exercises.

Sensitivity Solution	Fit Test Solution	
# of squeezes	Initial # of squeezes	# of squeezes per 30-seconds
1 to 10	10	5
11 to 20	20	10
21 to 30	30	15
If no taste at 30...	Stop and use a different solution or method	

Example

Timing Sprays with Fit Test Exercises

This example shows how to deliver Bitrex in sequence with the respirator fit test exercises. Perform each fit test exercise in the order outlined below. Do each fit test exercise continuously for 60 seconds. If there is a delay in starting an exercise, adjust the timing of the squeezes to start with the exercise.

Example Scenario:

As an example, suppose a person **tastes Bitrex at 6 squeezes** during the sensitivity test.

This means for the fit test exercises, the timing of the squeezes would be to give:

- An **initial 10** squeezes at the start of the first fit test exercise, AND then
- **5 squeezes every 30-seconds** thereafter while doing each of the fit test exercises.

In the example below, suppose the fit test **starts at 2:00pm**:

Fit Test Bitrex Time (every 30 seconds)	# of squeezes	Fit Test Exercises	Fit Test Exercise Duration
Just before 2:00:00 pm	10		
Start 2:00:00 pm		Normal Breathing	Start
2:00:30	5	Normal Breathing	Continue
2:01:00	5	Deep Breathing	Start
2:01:30	5	Deep Breathing	Continue
2:02:00	5	Head side to side*	Start
2:02:30	5	Head side to side*	Continue
2:03:00	5	Head up and down**	Start
2:03:30	5	Head up and down**	Continue
2:04:00	5	Talking out loud (constantly)***	Start
2:04:30	5	Talking out loud (constantly)***	Continue
2:05:00	5	Bending Over+ (or jogging in place)	Start
2:05:30	5	Bending Over+ (or jogging in place)	Continue
2:06:00	5	Normal Breathing	Start
2:06:30	5	Normal Breathing	Continue
2:07:00	0	End test	End test

*Head side to side: Have the person slowly turn chin toward shoulder, pause, take a breath. Then, chin toward other shoulder, pause, take a breath. Keep repeating the movements at a comfortable pace for 60-seconds.

**Head up and down: Have the person slowly lift chin toward ceiling, pause, take a breath. Then, bring chin down toward chest, pause, take a breath. Keep repeating the movements at a comfortable pace for 60-seconds.

***Talking out loud (constantly): Have the person continuously read the Rainbow Passage out loud, or they can count out loud backward from 100 (100, 99, 98, etc.). They must talk out loud continuously for 60-seconds.

+Bending over: Have the person slowly bend forward at the hips (as if picking up something from the floor or from a chair), and then straighten back up. Keep repeating bending/standing up at a comfortable pace for 60-seconds. If they cannot bend over, they can jog in place for this test exercise.