

Subject cannot eat, drink, (except water) for fifteen minutes before the test.

Put hood on

Spray sensitivity test solution 10, 20, or 30 sprays (note this on paper)

If subject does not detect solution another type of fit test must be used.

Remove hood and air it out, subject may have a drink of water.

Don mask

Put hood on

Inject the fit test solution with the same number of sprays in sensitivity test.

Do exercises

Every 4 hours discard solutions from the nebulizers. Rinse with warm water to prevent clogging and shake dry.

Wipe out the inside of the hood with a damp cloth or paper towel.

FIT TESTING EXERCISES EACH TO BE DONE FOR 60 SECONDS

1. Normal Breathing
2. Deep Breathing (Slow)
3. Turning Head From Side To Side (inhale at each side)
4. Moving Head Up and Down (inhale in the up position)
5. Talking (Rainbow Passage)
6. Bending Over (bend at waist)
7. Normal Breathing

Inject $\frac{1}{2}$ the number of squeezes required in the sensitivity test (5, 10, 15) every 30 seconds