



## Mastering Comfort: A Quick Guide to Properly Wearing The CPAP Nasal Mask (Type 1)

1



Straighten headgear on bed

2



Position child's head on the headgear

3



Turn on ventilator and place mask over child's face

4



Thread the headgear through the mask

5



Strap the headgear on the velcro

6



Adjust headgear's strap by ensuring one finger spacing between mask and face



- ✓ Ensure the straps do not crisscross nor cover the ears
- ✓ One portion of the strap to be above (A) the ears and the other portion to be below (B) the ears



- ✓ Ensure the straps are not too loose nor too tight; allow one finger width below the headgear
- ✓ Ensure sides of the mask do not cover the eyes nor pinch the nose
- ✓ Position the bottom part of the mask to sit below the nose and above the upper lip
- ✓ Confirm that the lower flap of the mask does not block the nostrils