



How to reduce skin irritation when wearing PPE

Try not to wear your face mask for longer than 2 hours continuously, take a break and let your skin recover. Moisturise your hands regularly. It is also important to keep hydrated.



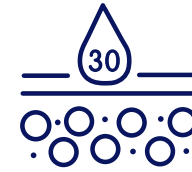
If the mask loops are chaffing your ears you can use a paperclip to pull the loop away from them.



A barrier cream can be used to prevent redness or skin irritation – make sure it is dry before donning your mask.



You can carefully lift your face mask up from the front for a few minutes between patients to allow the air to refresh and to prevent CO₂ building up.



Moisturise your skin at least 30mins before wearing your mask.



If you can clean your mask/eye protection make sure it is completely dry before putting it back on.



Make sure your face is free from perspiration before wearing your mask – gently blot with a paper tissue.



At home wash your face in warm water using a oil-based scent-free wash and dry gently.



After washing hands or using alcohol gel pat them dry rather than rubbing.