

Protect your skin from a long day wearing PPE.

Supplies you'll need:



Mirror

Scissors



Surgical face mask

Products to consider:



Marathon Liquid Skin Protectant



Remedy barriers/moisturizers



SurePrep No-Sting Skin Protectant



Optifoam Thin foam dressing or Optifoam Gentle

1

Thoroughly wash hands.

2

Remove makeup from cheeks and nose.

3

Apply a skin protectant, barrier or moisturizer to the following areas: bridge of nose, cheekbones and behind ears. See sidebar for protective skin barriers to consider.



4



Cut a low-profile foam dressing into thin strips and apply around the ears where your tie or band from the mask will hit. Trim as desired for comfort.

5

Don the face mask and adjust for comfort.

6

After mask removal, moisturize skin.



Please note: If using a prophylactic dressing or other skin protectant product under PPE, double-check to make sure that there is no interference with the efficacy of your PPE. Check out this guide to properly put on and take off a disposable respirator: <https://www.cdc.gov/niosh/docs/2010-133/pdfs/2010-133.pdf>

The National Pressure Injury Advisory Panel does not recommend the use of petroleum jelly, mineral oil or any other compound that could enhance slippage and affect the function of the N95 mask.