

# Prep Your Skin for Prolonged Use of PPE

1

Thoroughly wash and sanitise hands.

2

Keep skin clean and hydrated using a moisturiser or moisturising barrier cream, ensuring this is applied 30 mins prior to the facemask.

3

Consider using a skin barrier film or liquid skin protectant, as required, to protect against pressure and friction injuries caused by prolonged use of facemasks (e.g. on bridge of nose, cheekbones or behind ears).



4



Don the facemask carefully, ensuring it fits correctly. Do not over tighten.

5

Remove facemask periodically. This relieves pressure and allows the skin to recover from pressure, friction and moisture build-up caused by sweat.



## General recommendations:

- Stay well hydrated; drink suggested daily intake of fluids/water
- Apply skin barrier to prevent skin breakdown
- Inspect skin regularly for signs of redness/skin breakdown

Please note: If you use a prophylactic dressing or other skin protectant products under PPE, it is essential to ensure there is no interference with the efficacy of your PPE. View the latest briefing on preventing skin damage when wearing a facemask: [https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/C0129\\_Preventing-skin-damage-under-PPE\\_9-April.pdf](https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/04/C0129_Preventing-skin-damage-under-PPE_9-April.pdf)