

Skin Care briefing

Prevention Information

Keep your skin clean and well hydrated, moisturise as normal. This may be all that is required. Please consider the use of a barrier cream if you are likely to be wearing PPE for extended periods and experience high humidity within the mask.

Apply **very sparingly**, you only need a tiny amount to protect your nose, cheeks and chin (see photo).

- Ideally apply twice daily preferably at home (e.g. morning after daily wash and in the evening).
- It can be applied in the work environment (if no skin barrier was applied at home but is required).
- Please apply barrier cream at least 30 minutes before donning PPE, ensure it is fully absorbed into skin (ideally this should be applied at home prior to work).



Ensure regular breaks from wearing a mask to relieve the pressure and reduce moisture build up. When possible, rotate in teams so the mask can be removed during shifts. This will allow the skin time to recover.

- Stay well hydrated throughout the day.
- Do not use dressings to the face with masks as they will compromise mask fit

Managing damaged skin

- Inform your line manager and complete an accident/ incident report, please attach image.
- Consider referral to Wellbeing.
- Redeployment may be required for 2-3 weeks to an area not using masks.

Treatment options, if required

- Continue with a barrier cream if skin is red.
- For broken skin please use a film barrier.
- If facial skin damage it is affecting your ability to work please get your line manager, Wellbeing Team and /or GP