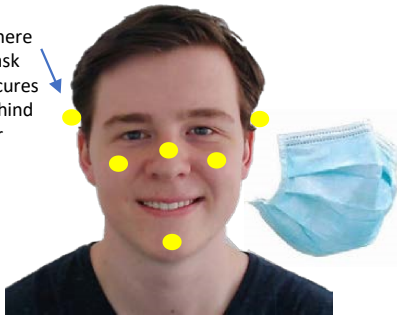


# Maintaining Healthy Skin When Wearing a Mask for Prolonged Periods of Time DermaRite®

## Surgical mask

Where mask secures behind ear



1. Apply **StingFree** and let it dry for 90 seconds



2. If desired, pad sensitive areas of nose, cheeks, ears with a dressing (*cut to fit*)



3. Follow directions for removing dressing to avoid damage to skin



Follow recommendations for the type of mask that is used

To protect against disease transmission, a mask must fit properly. Follow the directions for correct fit/use of the mask.

### To help protect skin:

- Facial skin should be clean and dry
- If using moisturizer, apply 1 to 2 hours before donning a mask
  - Don't wear makeup
- Apply alcohol-free barrier film\* on intact skin of cheeks, nose, ears once a day.
  - Avoid eyes

\*StingFree is waterproof and lasts up to 3 days

### After the mask comes off:

Clean skin gently



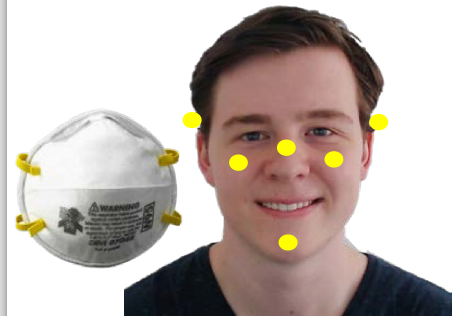
**4-N-1 Wash Cream**  
Skin Cleanser

Soothe and help heal irritations



**DermaMed Ointment**

## N95 respirator mask



1. Apply **StingFree** and let it dry for 90 seconds



2. **Do not use dressings to pad the face when wearing an N95 mask; they may interfere with fit and seal**

3. A thin foam dressing *may* be used to pad behind the ears

### Reference:

[https://cdn.ymaws.com/www.wocn.org/resource/resmgr/docs/Guidance\\_for\\_Skin\\_Health\\_Upd.pdf](https://cdn.ymaws.com/www.wocn.org/resource/resmgr/docs/Guidance_for_Skin_Health_Upd.pdf)

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