

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>