How to protect your skin during COVID-19 PPE use

Here are some tips on how to protect your skin while wearing your PPE while on shift

Skin care

Your daily skin routine should include gentle washing and protection. Avoid use of harsh cleansers during this time. Apply moisturizers and/or cream after washing your face. DO NOT use retinol or benzoyl perozide products, they can be harsh on the skin's microclimate.

Before and after PPE

Use barrier products to slow down perspiration and excess moisture on the skin. These include Vaseline, Aquaphor.

Apply oil-based product to face and points of contact – nose, ears, forehead, cheeks and jaw.

Consider use of cream based or acrylate polymer and/or dimethicone (longer durability). *Alternatives to use*: aloe vera, shea butter, sunflower oil, coconut oil

NOTE: Must be applied one (1) hour before PPE use. This is so that the fat from the protectant does not interfere with the seal of the mask nor increase friction, especially on the nose.

Reference: *NPIAP, PRPPE Guideline COVID-19, 2020*

Protect these areas:

- **Forehead**
- **Nose**
- **Cheeks**
- **Chin**
- **Jaw**
- **Behind the ears**

Be gentle to your skin!