

Mask Comfort Flow Chart

Staff are encouraged to perform the following preventative steps to minimise discomfort when wearing masks:

- Begin shift with clean face, avoid make up
- Apply facial moisturiser >30 mins before shift to face
- Check positioning of mask on face and over ears as mask is correctly applied, and ensure no avoidable pressure areas present
- Masks must be removed every 4 hours for at least 15 mins

Recommended protective products if needed:

Location	FACE	EARS	
Product	Convatec Silesse* <i>*Available through site NCO's</i>	Ear savers	Duoderm Thin or Mepilex Lite
Used for	Skin irritation under face mask	Removes pressure behind ears.	To protect skin and remove some pressure behind ears
Application to	Applied to nose, cheek bones and chin as invisible skin barrier. A single use towelette, non-build up, lasts 72 hours and easily removed.	Loop mask ear loops onto hooks and apply mask as normal.	For use on and over ears, <u>not on face</u> as this can impair the N95 mask seal and therefore your protection. Remains in place all day, low profile

Staff are to refer to the flow chart below if discomfort develops:

