



# 3 TIPS TO HELP PREVENT MASK-RELATED SKIN IRRITATION

Masks serve a critical purpose in helping reduce the spread of infections, but long-term wear can be hard on your skin. Prevention is crucial in counteracting skin irritation as a result of wearing a mask. Below are some key prevention tips to consider:

1

## APPLY MOISTURIZER BEFORE AND AFTER WEARING A MASK

Moisturizing the areas of the face covered by your mask can prevent problems, especially if you have dry or sensitive skin



2

## WEAR THE RIGHT MASK

Wear a mask that offers a snug, but comfortable fit



3

## TAKE A 15-MINUTE MASK BREAK EVERY 4 HOURS

Frontline workers find that taking breaks help protect their skin from irritation. Remember to only remove your mask when it's safe to do so and to clean your hands before and after



**15 min**



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