

# Wearing a mask

## What to do when...



N95



Surgical



Cloth

### My mask feels uncomfortable on my skin.



#### Wash up

Wash your face before and after wearing a mask.



#### Moisturize

Apply lotion or Vaseline after washing your face to protect skin.



#### Go au naturel!

Avoid wearing makeup under the mask.



#### Drink up

Drink water to help moisturize your skin.



#### Roll it on

Use a chafe stick, often used by runners, to reduce skin chafing.



#### Get crafty

Create handmade ear savers. Go online for ideas.

### I'm hot, thirsty or hungry.



#### Eat enough

Eat enough in one sitting to stay energized.



#### Really hydrate

Drink plenty of water before entering the patient room.



#### Batch emails

Batch and answer emails while you are taking a break.

### I need to make/answer a call.



#### Turn volume up

Turn up the volume or put on speaker phone.



#### Hold it away and use earbuds

Hold the phone away from your face and use earbuds so that it won't touch the mask.

Please do not...



#### Pull

below chin



#### Pull

below nose



#### Hang

around neck



#### Touch

nose bridge



#### Touch

front of mask



#### Reach

under mask



#### Hang

from one ear



#### Wear

on forehead



#### Leave

straps hanging



#### Leave

hair on face



#### Cross

straps in the back



#### Remove

mask to cough or talk



#### Pull

mask out to eat or drink



#### Touch

phone to mask



#### Wear

wet mask