

Thursday, 05 May 2022

## [Nursing](#)

**HSC** Health and Social Care

### Keep **CALM** and protect your skin

Wearing a respirator mask causes friction and a build-up of moisture which can irritate your skin. A few simple steps will help prevent damage.

- CLEANSE**, moisturise and hydrate
- AVOID** make-up
- LIMIT** mask wear time - take a break every 2 hours, if possible
- MONITOR** for early signs of skin damage

More detailed information is available at [www.pha.site/keepcalm](http://www.pha.site/keepcalm)

If you're concerned about skin damage, contact your Trust's Tissue Viability Nurse, who can treat you on site.

Belfast HSC	078 4180 9054	South Eastern HSC	028 9598 8000
Northern HSC	028 7936 6728	Western HSC	028 7134 5171 ext. 214499
Southern HSC	077 9903 8108		

Adapted by permission from resources created by Belfast HSC Trust.  
Produced by the Public Health Agency [www.publichealth.hscni.net](http://www.publichealth.hscni.net)

This poster and factsheet provide guidance on protecting your skin from damage which can be caused by wearing a respirator mask. It has been distributed electronically to the Tissue Viability teams in the Trusts.

## Details

Format

A4 poster and A4 factsheet, 2 pages, PDF only

Target group

Health and social care staff

# Downloads

Attachment	Size
<a href="#">Keep Calm and Protect Your Skin A3 Poster 04_22.pdf</a>	517.84 KB
<a href="#">Keep Calm and Protect Your Skin A4 Factsheet 04_22.pdf</a>	451.24 KB

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