

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 |

## Tags

- [coronavirus](#)
- [covid-19](#)

[Print](#)