

Comfort Strategies for Extended Mask & N95 Use

Important! Ensure that any prevention or treatment strategy you use does not compromise the fit and seal of your N95 respirator.

General tips

- Stay hydrated
- Consider washing your face and applying moisturizer mid-shift
- Treat abrasions at home with petroleum jelly or a mineral oil-based ointment to moisturize and promote healing. (Do not use under a respirator)

Ideas to reduce pressure and friction

- Apply thin padding, such as a thin gauze, to the mask ear loops
- Apply alcohol-free barrier film (e.g. No-Sting Barrier wipe or Cavilon) to areas on the face and behind ears where the mask is causing friction
- Apply a Tegaderm to bridge of nose and behind ears
- Note: If used with N95s, a fit check is required to ensure that a proper seal is maintained
- **Other strategies for surgical masks:**



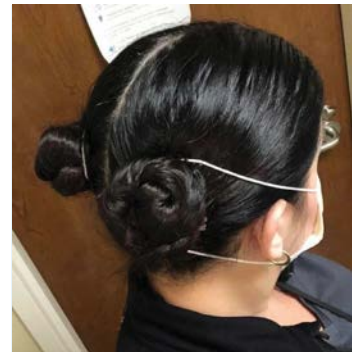
Sew buttons to a headband to attach mask ear loops



Sew buttons to a cap to attach ear loops



Connect ear loops with a paperclip



Position ear loops around hair buns

If your skin breaks down or is irritated

Apply a strip of Duoderm Extra Thin or Mepilex to the bridge of nose and/or behind ears