

Thursday, 05 May 2022

## Nursing



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

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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](#)

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