

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

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

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