Wearing a mask



Cloth

What to do when...

My mask feels uncomfortable on my skin.



Wash up Wash your face before and after wearing a mask.



Drink up Drink water to help moisturize your skin.



Moisturize

Roll it on

skin chafing.

Apply lotion or Vaseline after washing your face to protect skin.

Use a chafe stick, often



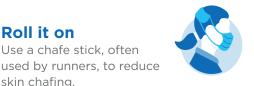
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N95

Go au naturel

Surgical

Avoid wearing makeup under the mask.



Get craftv

Create handmade ear savers. Go online for ideas.

I'm hot, thirsty or hungry.



Eat enough Eat enough in one sitting to stay energized.



Really hydrate Drink plenty of water before entering the patient room.

Batch emails Batch and answer

emails while you are taking a break.

I need to make/answer a call.



Turn volume up Turn up the volume or put on speaker phone.



Hold it away and use earbuds

Hold the phone away from your face and use earbuds so that it won't touch the mask.



straps





Leave Leave hair on hanging face

Hang around neck



Cross

straps in the back

Touch

nose bridge



Remove mask to cough or talk



Touch front of mask

Pull

drink

mask out

to eat or







Wear

Hang from one



Touch phone to mask

forehead

on





ear





