

# Get The Most Out of Wearing Your MASK



## What to do when...?

### This feels uncomfortable on my skin



#### Wash up

Wash your face before and after wearing a mask.



#### Moisturize

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



#### Au naturel

Avoid wearing makeup under the mask.



#### Drink up!

Drink water to help moisturize your skin.



#### Roll it in

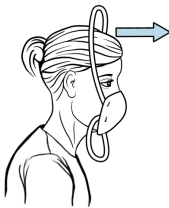
Use a chafe stick, often used by runners, to reduce skin chafing.



#### Get crafty

Create handmade ear savers. Go online for ideas :)

### I'm hot, thirsty, or hungry



#### Cool down

If you feel hot, properly doff your mask, store in paper bag and take a break.



#### Really hydrate

Drink plenty of water before entering the patient room.



#### Eat enough

Eat enough in one sitting to stay energized.

### I need to make/answer this call



#### Volume up

Turn up the volume or put on speaker phone.



#### Batch emails

Batch and answer emails while you are taking a break.



#### Use ear buds

Hold your phone away from your face and mask.

## Don'ts



**Pull** below chin



**Pull** below nose



**Hang** around neck



**Touch** nose bridge



**Touch** front of mask



**Reach** under mask



**Hang** from one ear



**Wear** on forehead



**Leave** straps hanging



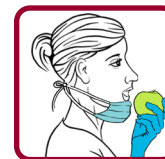
**Leave** hair down on face



**Cross** straps in the back



**Remove** mask to cough or talk



**Pull** mask out to eat or drink



**Touch** phone to mask



**Wear** wet mask