

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



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 this call



Volume up

Turn up the volume or put on speaker phone.



Hold it away and use buds

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