



NPIAPSM

NATIONAL PRESSURE INJURY ADVISORY PANEL

Improving Patient Outcomes Through Education, Research and Public Policy

PROTECTING FACIAL SKIN Under PPE N95 Face Masks



1

PREP YOUR SKIN

- Cleanse your face gently with pH balanced cleansers
- Apply liquid skin sealants/protectants on areas of direct mask contact and allow to dry
- Do not use petrolatum jelly or mineral oil as a skin sealant

2

GET THE PRESSURE OFF!

- Remove the mask by lifting at the sides for at least 5 minutes every 2 hours, and ideally 15 minutes every 2 hours
- If this time frame isn't practical, any pressure relief is helpful

3

DO IT ALL SAFELY!

- Do not use dressings that alter the seal of the N-95 mask
- If you use thin prophylactic dressings on your nose or cheeks, recheck the seal of the N-95 mask
- Preliminary reports indicate thin dressings can be used under other PPE devices if they don't impair the function of the PPE device
- When removing the thin prophylactic dressing, close eyes and avoid inhaling any aerosolized virus or particles

4

HELP WOUNDS HEAL

- Treat abrasions from masks with moisturizer, skin sealant, cyanoacrylate or a thin dressing
- Do not apply cyanoacrylates near the eyes or mouth

Please refer to the NPIAP position statement on preventing injury with N95 masks for more detail

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