

# Facing the Challenge.

COVID-19 has challenged your resilience. Your commitment. Your body. Every single day, you rise to the challenge.

With PPE being used extensively, skin breakdown can be an issue. We are committed to helping **you** protect yourself.



## Reduce pressure on your skin

- Ensure proper fit.
- Don't over-tighten the respirator.
- Confirm proper positioning of headbands.
- Don't wear a mask over the respirator. An increase in tightness can occur.
- If possible, remove the respirator at regular intervals\*, in non-contaminated areas.



## Protect skin from friction and moisture

- Apply a liquid barrier film or skin protectant.\*\*
- Cushion skin, or cover an abrasion, under PPE that *does not require a seal to skin*\*\*



## Prevent interference with the seal

- Do not use thick creams, ointments, petroleum jelly, polyurethane foams or hydrocolloids and other products that could interfere with the fit and seal of PPE.
- If using a dressing, select the lowest profile dressing available. Conduct a fit test.

Visit [3M.com/PPESkin](https://www.3m.com/PPESkin) for more detail and information

\*National Pressure Injury Advisory Panel. NPIAP POSITION STATEMENTS ON PREVENTING INJURY WITH N95 MASKS. 2020.

\*\* Certain products may not be appropriate due to their potential to interfere with the fit/functionality of the PPE. Respirator wearers should always follow the model-specific User Instructions, including completion of a user seal check each time a respirator is put on.