

Strategies for Preventing Skin Breakdown with Extended Use of N-95 Respirators



- One hour before donning N-95 mask, clean and prep skin by applying moisturizing cream or barrier protector (i.e. Baza Clear Moisture Barrier Ointment) to areas of face the N-95 mask touches (ears, forehead, nose, and cheek area)
- Apply liquid skin protectant product (i.e. 3M Cavilon No Sting Barrier Wipe); let dry for 30 seconds
- Apply a 1-inch silicone skin barrier strip on the bridge of nose – one package may be cut into multiple strips for different shifts

Use one of the products below under an N-95 mask. Foam dressings are not recommended for use with N-95 masks.

3M Cavilon Skin Protectant #3344



Mepitel One



Coloplast Brava #12076



- Always perform a seal test when donning the N-95 respirator
- Relieve pressure from PPE at least every 4 hours. If dressing material or PPE gets wet or damaged, change it immediately
- After doffing PPE, perform skin care steps below:
 - a. Perform hand hygiene and clean face and neck with saline or soap and water
 - b. Apply moisturizing cream or barrier protector (example: Baza Clear Moisture Barrier Ointment) to sensitive areas of face (ears, forehead, nose and cheek area)