

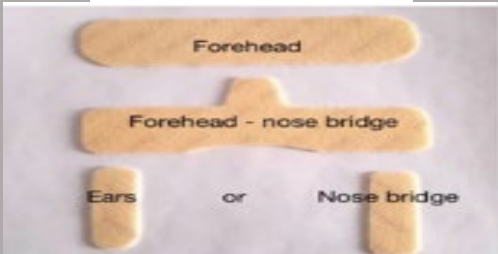



**MAD Mask Associated Dermatitis & Pressure Injuries for Healthcare Personnel**  
**At-risk areas: Nasal Bridge, forehead, cheeks and ears**

<p><b>Skin Barrier Protection</b></p>	<p>Apply a protective barrier on skin to all at-risk areas; this will protect your skin. If applying dressing for added protection, wait until skin is dry (about 30 secs). Then apply dressing (see below).</p> 
<p><b>Pressure &amp; Friction Reduction</b></p>	<p>Apply an adhesive, absorbing and well adapting silicone foam dressing on skin areas at risk.</p>  <p><b>Mepilex Lite</b></p> <p>Cut dressing to fit the skin area</p>  <p><b>Important: Check N95 respirator fit after applying mepilex to make sure you still have a good seal.</b></p>
<p><b>Pressure &amp; Tension Relief</b></p>	<p>Reposition your mask and face shield to relieve pressure and tension in at-risk areas Q2-4 hours. You may want to wear a headband/head cover and use bobby pins or sew buttons on to loop mask to reduce pressure on ears.</p>  <p><b>Check mask seal after repositioning mask.</b></p>
<p><b>Daily Skin Cleansing</b></p>	<p>Remove after shift. Wash your skin with water and hydrating soap. Moisturize skin.</p>