

4 Ways to Treat PPE-Related Skin Complications



Regularly Disinfect and Replace Masks

Prevent bacteria from multiplying by disposing of surgical masks every day. Fabric masks can be reused after thorough washing so the detergent doesn't irritate the skin during wear.



Protect Your Skin Barrier

A healthy skin barrier will prevent bacteria moving deeper from the epidermis to the dermis. Apply moisturizer or a hydrocolloid patch on clean skin to create a barrier between the mask and face.



Simplify Your Skin Care Routine

Overloading products can worsen your skin condition so consult with a dermatologist or skin specialist before integrating active ingredients like salicylic acid, benzoyl peroxide, hyaluronic acid and ceramides.



Engage in Healthy Lifestyle Habits

Stress-related habits like insufficient sleep or an unbalanced diet affect our internal body functions which can cause skin problems. Minimizing stress with healthy activities can improve the condition of your skin and your quality of life.

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