# Keep Your Face Healthy During COVID-19

Tips to avoid skin problems and allow you to keep wearing a mask

Keep your skin care simple

Do

- Use a mild skin cleanser, soap substitute or micellar water at the start and end of the day

- Moisturise regularly

- Use simple formulations with fewest ingredients

- Start with a less greasy lotion. If okay, you can progress to a greasier cream

- Always use appropriate sun protection. Sunscreens can be your moisturiser, so don't double up
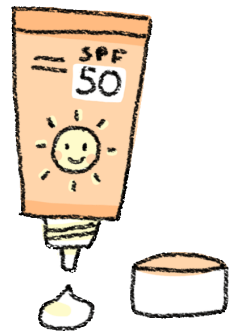
Avoid

- Avoid fragranced products
- Avoid greasy creams if prone to acne

Wearing a mask

Putting your mask on

- Use hand sanitiser
- Do not make it too tight
- Avoid contamination- do not touch your mask while wearing it

Dealing with rubbing between the mask and your skin

- Apply moisturising lotion at least 30 minutes before mask wearing

- You can use a barrier cream but they can be greasy and may aggravate acne. Choose a lighter silicone-based product

Regular breaks

- Try to give your skin a break for at least 5 minutes (preferably every few hours)

Taking your mask off

- Take your mask off carefully by holding the straps. It may be contaminated

- Then use hand sanitiser

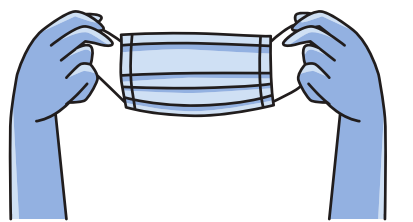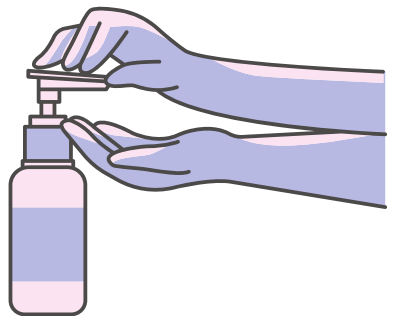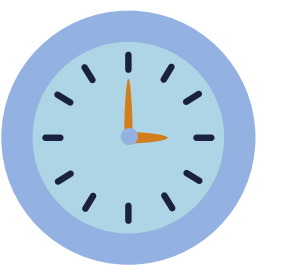- Wash cloth masks daily. Do not spray with antiseptics or essential oils like tea tree or lavender

Remember

- Check your skin for signs of damage, redness and scaling
- Moisturise, especially at night if your skin feels irritated
- For more tips, see our factsheet at: https://www.dermcoll.edu.au/covid19updates/for-patients-and-community/

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