



# Caring for facial skin when wearing a P2/N95 respirator and eye protection



Perform hand hygiene between these steps



Cleanse facial skin with pH balanced cleanser, then moisturise  
Allow to dry fully before shift



Put on respirator and fit check  
Remove respirator at least every 2-4 hours for up to 15 minutes, aligning with drink breaks



Respirator must be discarded after removal  
Do so safely outside patient areas  
Fit check each new respirator



Check skin for further redness or irritation each shift and report to supervisor  
Consider applying thin unwrinkled dressings to protect skin



Perform hand hygiene

**Check the mask is the correct size and fit on your face and over your ears**

**P2/N95 respirators are for single use for up to 4 hours • Replace when soiled, or damp  
DO NOT touch the front of the respirator**

To receive this in another format phone 1300 651 160 using the National Relay Service 13 36 77 if required, or email Emergency Management Communications <[covid-19@dhhs.vic.gov.au](mailto:covid-19@dhhs.vic.gov.au)>

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Available at: [DHHS.vic – coronavirus \(COVID-19\) <https://www.dhhs.vic.gov.au/infection-prevention-control-resources-covid-19>](https://www.dhhs.vic.gov.au/infection-prevention-control-resources-covid-19)



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