
COVID-19 PPE: Team Member Prolonged Mask Use Prophylaxis and Treatment 4.23.2020 1650

Spectrum Health contact: Ashley Perkins *Highlight indicates new information

General Information:

When wearing masks for prolonged periods of time it is important to make sure you get plenty of fluids, so you do not get dehydrated. Make sure to take a moment every hour especially with prolonged mask use to assure you are getting plenty of fluids. Below are instructions on how to eat or drink safely when wearing a face mask.

Eat and drinking when prolonged mask use:

- When eating and drinking, take the following steps to remove mask:
 - Perform hand hygiene with soap and water or an alcohol-based hand rub
 - Remove the face mask and place it on a clean surface such as a paper towel or paper bag
 - Perform hand hygiene with soap and water or an alcohol-based hand rub before eating or drinking
- After eating or drinking, take the following steps to replace the mask:
 - Perform hand hygiene with soap and water or an alcohol-based hand rub
 - Put on face mask, taking care to avoid touching face or eyes
 - Perform hand hygiene with soap and water or an alcohol-based hand rub

If in cafeteria, vending rooms or break rooms follow social distancing rules as much as possible when eating or drinking.

Skin Injury Prevention – Standard Isolation Mask:

- Wear a headband with buttons to protect ears while wearing mask, like the one in this [video](#)
- Wear tension relief “ear saver” strap – Now available, in limited supply for team members working in clinical settings (Lawson #138730). These are reusable! Disinfect after each shift or when visibly soiled. Ear straps have been donated by local manufacturers and 3D printers. They will be available at Healthy Screening Stations. Supply Chain will continue to work with local businesses to obtain more.
- Use DuoDERM® (Lawson #653190) applied **behind the ears**
- Apply Cavilon® No Sting Skin Barrier Film (Lawson #903244). Wipe to the cheeks and nose to reduce mask friction

Skin Injury Prevention – N-95 Mask:

- Apply Cavilon® No Sting Skin Barrier Film Wipe to the cheeks and nose to reduce mask friction
- Cleanse your face gently with pH balanced cleansers
- Do not use petrolatum jelly or mineral oil as a skin sealant
- Ideally, if able to be out of patient care areas, remove the mask for at least 15 minutes every 2 hours. If this is not possible, provide some pressure relief by lifting at the sides for at least 5 minutes every 2 hours, applying gloves and washing hands before and after lifting mask. (If this time frame isn't practical, any pressure relief is helpful)

Skin Injury Treatment:

- Skin intact: Apply Cavilon™ No Sting Barrier Film Wipe (1mL) daily:
 - This product is intended to protect the skin from moisture, adhesives, and friction
 - PPE may be applied after site is completely dried
 - It will naturally shed with the skin and can be reapplied every day. If buildup of product occurs, switch to reapplying every 2-3 days

Help Chain:

- If injury occurs complete a [Job-Related Injury Report](#).
- Contact Employee Health Monday through Friday 6:30am-4pm and Saturday/Sunday 7a-3pm at 855.648.9706 or healthassessments@spectrumhealth.org to trial a different mask. Employee Health will evaluate and assess if further follow-up is needed. If after hours reach out to the Hospital Supervisor for assistance.
- Contact your Manger or Supervisor know that you have concerns with your mask.

Reference: www.NPIAP.com

*Mepilex Lite removed after further recommendations came out Friday, April 17 by NPIAP and 3M. This product was proven successful at achieving a fit test at other institutions, but we will not be recommending Mepilex Lite or any other dressing product for use with N95 at this time.