

The COVID-19 situation has created a number of new challenges and discomforts. In response to a request for information about how to increase comfort of sustained PPE use, I am sharing the results of some “crowd-sourcing research” on this topic:

- To **prevent and treat pressure injuries related to N95 masks**, follow these tips:
 - Wash skin with a gentle cleanser prior to coming to work, and avoid use of cosmetics (makeup can also interfere with reprocessing of N95 masks)
 - If a dressing is used, make sure it does not interfere with the seal of the mask
 - Treat abrasions from masks with moisturizer, skin sealant, tissue adhesive (e.g., Dermabond) or a thin dressing (do not apply skin sealant or tissue adhesive near the eyes or mouth)
- To **relieve ear pain related to use of ear-loop masks**, use an “ear-saver” or other off-loading device (e.g., headband, clip—see examples pictured below)
- To **prevent your glasses from fogging** while wearing a mask, some suggestions include:
 - Using a piece of surgical tape to fasten the mask to the bridge of your nose
 - Washing your glasses with soap and letting them air dry
 - Coating your glasses with shaving cream, rinsing, then letting them air dry
 - Using anti-fogging products designed for snorkling masks/ski goggles on your glasses
 - Resting your glasses on top of the mask
 - Tying your mask “criss-cross” so that the top ties come below your ears and the bottom ties go above (which makes for a tighter fit)

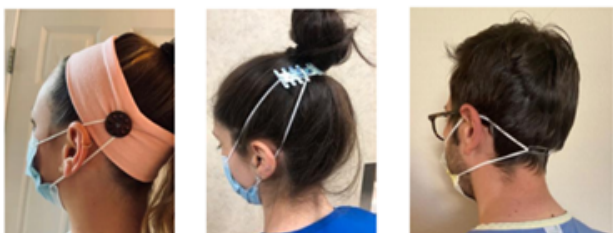
Skin Care Guidance for Colleagues During COVID-19

Generalized skin care before/after shift

- Clean skin with mild soap and water
- Moisturize hands with good quality product
Examples: Neutrogena Hand Cream, CeraVe Hand Cream or Vanicream*
- Apply light moisturizer to face and lips
Example: Aquaphor Healing Ointment*
- Stay well hydrated
- If extended mask wear time causes worsening of underlying skin condition, consult your provider
- If needed, apply protective dressings under mask (next page)

Keep the pressure off!

- Relieve pressure from PPE at least every 4 hours
- If PPE or protective dressing material is wet or damaged, change immediately
- Keep elastic off ears by using offloading tricks pictured below



*Over the counter suggestions; Employee provides own



If you find you are experiencing “Zoom fatigue,” this article may help to explain why, and offers some tips about what you can do to prevent it: <https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting>

You might also want to consider taking a **quick 2-minute pause** or a **short 5-10 minute break** between Zoom calls to boost your resilience and help you refresh. These videos were developed by UF psychologists specifically to help during this time and can be accessed here:

- [2-Minute COVID-19 “Resilience Reset” \(Daily guided meditation and tip from resilience science\)](#)
- [Brief Guided Relaxation/Meditation Options Facilitated by UF faculty](#)

Have a wonderful week and stay well!

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