

Looking after your skin

Information for staff on
skin care for hand hygiene and
facial PPE



Caring for your skin and maintaining hand hygiene

Washing your hands and using alcohol gels help stop the spread of infections such as COVID-19.

Broken skin may increase your risk of infection.

Skin problems can include:

- Dryness
- Redness
- Rashes
- Blisters
- Itching
- Cracking
- Bleeding.

What if I have these symptoms?

If you have these symptoms please:

1. Inform your manager
2. Complete a DATIX
3. Submit a referral to Occupational Health
4. Seek advice from a local pharmacist or your GP.



What can I do to look after my hands?

Before work

- When you are washing your hands, use tepid water and pat skin dry.
- Apply an emollient of choice.

At work

Hand cleansing:

- Wet your hands before you add soap.
- Wash hands in tepid water for 20-30 seconds and make sure hands are thoroughly rinsed to remove soap.
- Dry thoroughly by patting skin (avoid rubbing skin).
- Use Trust approved soaps at work.
- Use alcohol gel if your hands are clean.

Moisturising (after hand washing):

- Moisturise your hands frequently with emollient.
- Water based, non-perfumed, non-coloured moisturisers are easily absorbed and provided by the Trust.
- Use a pump action dispenser. Avoid moisturising before putting on your gloves.

Gloves:

- Use only when required.
- Make sure hands are properly dried before you put gloves on.

After work

- Moisturise your skin at home regularly with emollient.
- Try using moisturiser with cotton gloves overnight on hands to help rehydrate your skin.
- Your local pharmacy can give advice on skin products available.

What products can I use on my skin?

Generally, what works for you is best!

- **Hand Medic ®** : An easily absorbed, non-perfumed & non-coloured emollient, is provided by the Trust. It is useful at work when you are washing hands frequently.
- **Hydromol ointment ®** : A good choice for your hands, may be easier to use it at home.
- **Hydromol cream ©** : Good for hands when a less greasy option is required; can also be used on the face.



Remember; some skin emollients can be flammable.



Caring for your skin when wearing facial PPE

Staying well hydrated at home and at work can support healthy skin.

Broken skin may increase your risk of infection.

Skin problems can include:

- Dryness
- Redness
- Rashes
- Blisters
- Itching
- Cracking
- Bleeding.

What if I have these symptoms?

If you have these symptoms please:

1. Inform your manager
2. Complete a DATIX
3. Submit a referral to Occupational Health
4. Seek advice from a local pharmacist or your GP.

What can I do to look after the skin on my face?

Before work

- When washing face use tepid water and pat skin dry
- Apply emollient of choice.

At work

- Make sure your face mask is well fitted, do not over-tighten it.
- Change your mask if it becomes moist/damp.
- Avoid overheating if you can.
- Make sure PPE for eyes is clean and dry before use.
- Have a break from wearing face masks every couple of hours if you can, making sure you maintain correct social distancing from others as per Trust guidelines.
- Re-apply moisturiser and make sure it has dried before putting a facemask back on.
- Try and avoid wearing makeup under face masks if you develop skin symptoms.

After work

- Moisturise skin at home regularly with an emollient that works for you.
- Your local pharmacy can give advice on products available



What products can I use on my skin?

Generally, what works for you is best!

- **Dermol 500 lotion** ® – Can work well on face for spots as it has antibacterial properties.
- **Doublebase Gel** ™ – soothing gel for the face, ensure a good seal if using under PPE.
- **Hydromol cream** ® – can also be used on the face.
- **Derma-S** ® lollipops 1mls - consider a skin protectant if likely to be wearing PPE for extended periods.
- **Thin hydrocolloid (DuoDERM** ® **Thin) or a silicone tape (Siltape** ® **or Mepitac** ®) - Barriers between skin & PPE may be useful if skin is breaking down. e.g. a cut into strips.

Please make sure your mask still passes fit testing if using a barrier with a fit tested face mask.



Remember; some skin emollients can be flammable.

It is important that you look after your skin, as skin problems may increase your risk of infection.

Remember, prevention is best and act early on signs of skin problems.



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