

Face Mask Skin Care

Wear a face mask to help prevent the spread of the coronavirus.

To prevent and treat face mask skin problems, follow these tips from board-certified dermatologists.

Be Gentle to Your Skin

- Use mild, fragrance-free products.
- Skip makeup or look for products labeled "non-comedogenic" or "won't clog pores."
- Limit face washing to 2x a day and after sweating.
- Apply moisturizer before and after wearing your mask.
- Apply petroleum jelly to your lips.



Wear the Right Mask to Avoid Irritation



Look for at least two layers of breathable fabric, like cotton.



Avoid synthetic fabrics against your skin, such as nylon, polyester, and rayon.




Make sure your mask is snug, but comfortable.



Alternate types of ties and ear loops to avoid irritation.

If Irritation Occurs

-  **Stop** applying products that irritate your skin.
-  **Apply** petroleum jelly to irritated areas before bed.
-  **Call** your dermatologist if your skin does not improve or worsens.

Keep wearing your mask, even if your skin becomes irritated.

For more mask-selection tips, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).
If you have questions about how to care for your skin, talk to a board-certified dermatologist.
Learn more at [aad.org/public](https://www.aad.org/public).

