



How's that COVID-19 mask feeling?

Tips to help in the comfort and effectiveness of your mask

If you are like many people, you have or are still searching for a mask that provides the level of protection needed while also offering maximum comfort. Chances are that the “perfect” mask does not exist; however, it’s important to keep in mind that what you give up in comfort provides greater performance.

Consumer Reports recently wrote a good article aimed at providing tips to address the five most common complaints associated with prolonged mask use including:

- **Glasses are fogging up:** This occurs when the warm air from your breath comes in contact with the colder surface of your lenses. Some solutions include selecting masks with rigid metal wires sewn into the mask allowing the user to mold the top of the mask with the shape of their nose.
- **Mask acne:** Sweat coupled with skin oils and dirt cause bacteria to grow, thus resulting in acne. Mask use for long periods has the likelihood of exacerbating that growth; therefore, regular facial and mask hygiene coupled with topical over the counter acne creams may help to mitigate unwanted bacteria.
- **What did you say?** People naturally are having a difficult time communicating as mask use certainly muffles voices and hides facial expressions. Some solutions include masks that have been designed with clear windows over the mouth. Articulating thoughts so that they are spoken concisely can also have a positive effect on overall communications.
- **Irritation of the nose or ears:** The elastic fasteners of masks coupled with sensitive skin on the back of the ear is bound to cause friction over time. Try experimenting with some over the counter topical petroleum-based ointments or using some wound dressings applied where skin contact occurs.
- **Masks that keep slipping down:** This is by far one of the most common annoyances, but certainly expected since people’s faces come in all shapes and sizes, so a mask advertised as universal fitting may not perform as one would expect. The size, proper adjustment of the ear loops, and a snug fit to the user’s facial features is the key to avoiding continuous readjustments.

For additional details and solutions on each of the five common complaints listed above, click [here](#) to read the full article.

References:

<https://www.consumerreports.org/coronavirus/how-to-fix-your-annoying-mask-covid-19/?>

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