

Wearing masks for long time can irritate your skin
and can make skin conditions worse.

What to do when you wear a mask



Wash with a mild
fragrance-free
cleanser



Use a moisturizer
without fragrance



Be make-up free

Avoid anti-aging
and anti-wrinkle
creams

SEEK CARE IF YOUR SKIN GETS WORSE



Centre for
Research Expertise
in Occupational Disease