

IMPROVING CARERS' COMFORT DURING EXTENSIVE INFECTION CONTROL PROCESSES

AS IF BATTLING HEROICALLY AT THE FRONTLINE OF COVID19 WASN'T ENOUGH, CARE WORKERS ARE DOING SO IN DISCOMFORT DUE TO THE ESSENTIAL - BUT IRRITATING (!) NATURE OF INCREASED HAND WASHING, HARSH ANTIBACTERIAL CHEMICALS AND LONG PERIODS OF WEARING PPE.



To help our sector's carers out and make life a bit comfier, CoolCare has teamed up with York College's Beauty Department to get their top top tips for reducing the irritation caused by PPE.

Remember, infection control processes can differ so make sure you use the tips only when appropriate and with care to stay safe. Always read the warning labels of any product you use - you know your own skin and hair best so be mindful of any allergies etc. you might have.

TOP TIPS FOR REDUCING THE IRRITATION CAUSED BY PPE

(Karen Goodman, Head of Beauty at York College)



1 CALM IRRITATION FROM CHEMICALS THROUGH REGULAR CLEANSING

Experiencing irritated skin from all of the aggressors in disinfectant products at work? When at home, use a soothing cleanser on face and hands.

Choose a cleanser that doesn't foam as it will cleanse without causing any further dryness. Products with oatmeal and green tea intensively nurture the skin, strengthening the barrier function and offering calming benefits to the epidermal layers.



Moisturise your face with an ultra-soothing moisture cream. Borage seed oil and comfrey are particularly good for soothing the skin whilst reducing redness and inflammation.

Many face moisturisers are also excellent for hands which have become cracked and damaged through excessive hand washing and alcohol gel. Face moisturisers can often be less greasy and can penetrate the skin quicker, having longer lasting results.

2 KEEP YOUR FACE AND HANDS SUPPLE WITH SOOTHING MOISTURISERS

3 PREVENT CRACKED LIPS WITH MOISTURISING LIP BALM



Lips are becoming dehydrated and dry behind masks – cracked lips are painful! To keep it at bay, you need to seal and protect the lips. A moisturising lip balm is just the tool.

Shea butter and beeswax are particularly effective for keeping the lips soft and crack free.



The restriction of face masks can lead to increased perspiration and the build-up of bacteria, comedones (blackheads) and pustules (whiteheads) around the mouth and nose.

A simple cleansing routine with a light moisturiser can help prevent this! Exfoliators are great for removing dead skin cells but please use with caution if your skin is sore or cracked as these products will only make the condition worse.

4 SAY "NO" TO BLACKHEADS AND SPOTS CAUSED BY FACE MASKS AND COVERINGS



5 REPLENISH NAILS OVERNIGHT TO MAINTAIN STRENGTH



It's often overlooked that nails also become weak and dehydrated through the need to continually sanitize the hands. Before going to bed apply a small amount of oil (almond or olive for example) to each nail, this will soak in whilst you are asleep, replacing natural oils that have been lost whilst at work.



Keep long hair tied-back with a suitable bobble or clip, so that it is not interfering with PPE. Elastic can be very damaging on the hair, causing breakage and split ends. Make sure you are following good practice in fitting your mask. If you are able to safely adjust your mask, ensure it is not overly tight to prevent the elastic cutting into the hair.

6 TIE YOUR HAIR BACK COMFORTABLY AND SAFELY



BONUS TIP

TOP-UP YOUR ROOTS WITH EYE-SHADOW!

If you are trying to disguise grey roots try using some eyeshadow or powder of similar hair colour along your hair line, this not only masks the grey but will also absorb excess moisture prolonging the hair between washes.

