

Combating Mask Fatigue

1. Take Scheduled Breaks

Find a safe place, preferably outside or a breakroom, to properly remove your mask.



2. Remain Hydrated

Dehydration can lead to negative side effects such as headaches, dizziness and reduce cognition. Wearing personal protective equipment (PPE) for prolonged periods of time can result in significant sweating due to heat exposure. Hint: Drink 1 ml or 1 oz of fluid for every 1 ml or 1 oz of lost body weight.



3. Focus on Breathing

Wearing PPE for an extended period of time can trigger underlying respiratory conditions such as asthma, allergies and chronic obstructive pulmonary disease (COPD). Take slow breaths while wearing a mask.

4. Make Time to Eat

Eating healthy foods can provide your body with energy and help health care workers continue to work throughout long shifts.



Source: Centers for Disease Control and Prevention (CDC), National Institute for Occupational Safety and Health Blog, [The Physiological Burden of Prolonged PPE Use on Healthcare Workers during Long Shifts](#)