

Combating Mask Fatigue

SUPERIOR HEALTH

Quality Alliance

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, <u>The Physiological Burden of Prolonged PPE Use on Healthcare Workers during Long Shifts</u>

This material was prepared by the Superior Health Quality Alliance, a Quality Innovation Network-Quality Improvement Organization under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW-MI/MN/WI-CC-23-83 030723