

Skin Picking

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TIPS

@pickingmefdn

With the COVID-19 pandemic, wearing a face mask is imperative to help prevent spreading the virus.

For some, wearing a mask

(especially for an extended amount of time) can create "mask acne" & trigger an increase in Skin Picking.

Check out our tips on ways to combat the dreaded 'maskne' while still staying safe:

○ Regularly wash reusable masks to clean off any bacteria or oils, then hang them in a clean spot to dry.

○ Try to avoid heavy moisturizers or use oil-free skin products. If you're comfortable, try going makeup free.

○ Dab problem areas with oil sheets throughout the day. Make sure to be in a safe, isolated space when removing mask!

○ Wear hydrocolloid patches under your mask to help heal triggering blemishes during the day.



○ Use refreshing face wipes or spray for a skin pick-me-up.

○ Try to have a few different masks to rotate through. Keep them in a safe, clean spot and use a pouch to carry them in.

○ For mask chafing or dry skin, use a salve like Aquaphor, Lucas Papaw or Vaseline, which are great, soothing options.

○ Remember to wash your hands! Especially before putting on and taking off your mask.





**#PickingMe CEO
Lauren rockin'
her mask and
hydrocolloid
patches!**

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ME
FOUNDATION
pickingme.org**

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AND GREEN TEA
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