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MASK TIPS IN WARM CLIMATES

Masks + Hot Weather = Uncomfortable

As the temperature outside heats up, so do our masks. Most of the time, masks are not comfortable and the heat only enhances the discomfort. Here are a couple of survival tips on how to get through the summer months.

1. Choose a cooler material, like cotton.
2. Make sure it fits snugly but not too tightly.
3. Bring extras so you can swap if one gets sweaty.
4. Limit how long you wear one to when it's needed.
5. Moisturize your skin to prevent getting a rash.