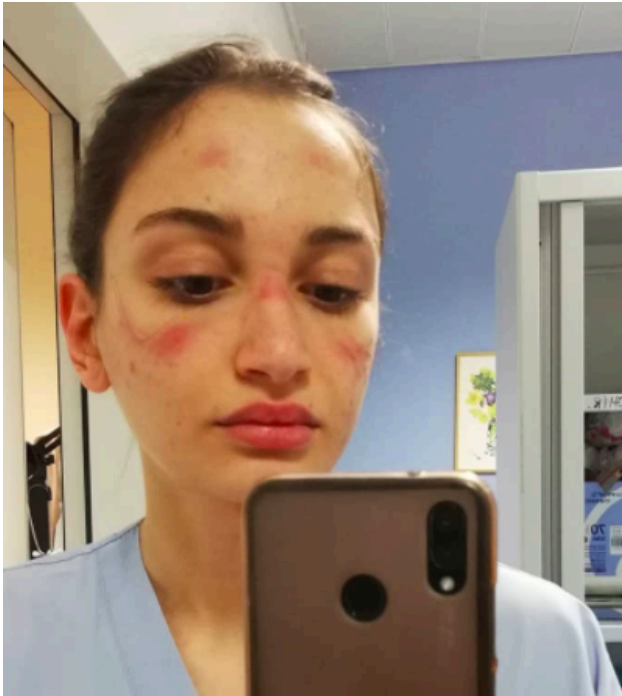


Face Mask Bruising

Sourced from [nzdoctor](#) and [Time](#)



This image went viral: a young woman, looking [frankly](#) at her phone as she takes a selfie on her phone. She's wearing [scrubs](#), and there are angry red bruises pressed in below each eye, on her nose, and on her forehead.

This is a nurse in **Italy**, and her injuries were caused by the face mask she has to wear to protect her own health while she does her job during the coronavirus pandemic.

"I'm physically tired because the protective equipment hurts, the gown makes me sweat and once I'm dressed I can't go to the bathroom or drink for six hours," the caption reads. "I am tired, and so are all my [colleagues](#) who have been in the same condition as me for weeks, but this will not stop us from doing our job as we have always done."

This is totally different from normal working conditions. You're not normally wearing a mask for eight hours a day. Healthcare workers across the world are sharing their own images of their bruised faces, along with [pleas](#) for people to follow basic hygiene and social distancing recommendations. Helping to stop the spread of Covid-19 is of the utmost importance.

In New Zealand the hospital nurses heard about these types of stories from overseas. Hospital staff were extremely worried about getting sick themselves, and the stress was increased by all the planning and preparation they had to do around the hospital.



Nurse Adam Brown said it was "almost paralysing" how much work needed to go into getting the hospital ready for an increased number of patients. They had to increase the amount of personal protective equipment (PPE) training, including making Youtube videos in case not everyone could be trained in person, turn operating rooms into training rooms, and then also work out where staff could stay if they had to go in isolation.

Adam Brown said an enormous amount of work has been done to prepare for Covid-19, which will hopefully be useful if there's another pandemic in the future.

Thankfully, the situation in New Zealand didn't turn out to be anything like they feared it could become, mostly due to how well New Zealanders handled the lock down, and followed the rules. Doctors, Nurses, and Hospital staff are grateful to all New Zealanders because of this.