Skin Care for Health Care Workers During COVID-19

Wearing protective equipment for prolonged periods can damage the skin. Health care professionals have reported damage to the nose, hands, cheeks, and forehead during the COVID-19 pandemic. Everyone should take care of their skin when using protective equipment. Here are some tips to help!

**PREVENTING DRY HANDS**

1. Use gentle unscented soap to wash.
2. Use a fragrance-free moisturizer after handwashing.
3. Moisturize while your hands are still slightly damp.
4. For very dry skin, look for ointments with petroleum (CeraVe Healing Ointment, Vaseline, Aquaphor).
5. Use lukewarm water instead of hot water.

**PROTECTING FACIAL SKIN**

1. Wash your face with a gentle face wash before and after wearing a mask.
2. Apply a non-comedogenic face moisturizer after washing.
3. Use mineral oil or petroleum-based ointments after you are done wearing the mask for the day, to heal irritated skin. Do not apply this under the mask.
4. If possible, remove the mask for at least 5 minutes every few hours.
5. If irritation persists, consider applying liquid skin sealants prior to use. Allow to dry and avoid petroleum.

**PREVENTING RASHES AND IRRITATION**

1. Try to avoid what may be causing your rash. If symptoms persist, patch testing can help to identify skin allergens.
2. Moisturizer and topical corticosteroids can help relieve mild symptoms.
3. Oral antihistamines may help with itchy skin.
4. If you are having a severe reaction, your dermatologist may prescribe prednisone.

For more information about COVID-19, visit the CDC’s website at [cdc.gov/coronavirus](http://cdc.gov/coronavirus). For help with persistently dry skin, see a board-certified dermatologist. Find one in your area at [aad.org/findaderm](http://aad.org/findaderm).