Coronavirus and Your Skin Health

If you have noticed any rashes, bumps that itch or burn, discoloration, waxy growth:

• Call your doctor to see if the skin condition requires immediate medical attention or learn about over-the-counter options to treat it at home.
• Your doctor may ask you to get the lesion checked by him/her in person or in telemedicine session.

If you have any skin conditions that require treatment:

• Continue taking the medications that your doctor prescribed.
• Call your dermatology clinic for refills, if running low.
  • Many pharmacies now deliver medications to your door.
• If your skin condition gets worse, call your doctor. Your doctor may be able to provide you telemedicine services.

Take everyday preventive steps:

• Practice social distancing and wear masks when you leave your house.
• Frequently wash your hands.
• Contact your healthcare provider if you develop fever, cough, or shortness of breath and stay home when you are sick.

Maintain a healthy lifestyle during the COVID outbreak:

• Eat healthy and drink plenty of fluid.
• Regularly exercise at home.
• Stay engaged with your work or other sources of stimulation like reading, listening to music, and baking to fight stress.
• Stay connected with friends and family.

For more information about COVID-19, visit the CDC’s website at cdc.gov/coronavirus. For help with persistent skin condition, see a board-certified dermatologist. Find one in your area at aad.org/findaderm.