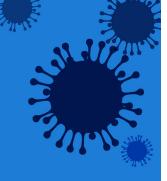
COVID-19



Is handwashing drying your skin?

Washing your hands is critical to help stop the spread of COVID-19, especially after using the restroom, visiting a public place, and after blowing your nose, coughing, or sneezing.

However, frequent handwashing can cause dry skin that can flake, itch, crack, and even bleed without proper precautions. This can cause open wounds in the skin that can allow in bacteria and other germs and increase your risk for infection.

To reduce your risk of dry, cracked skin from handwashing, follow these tips from board-certified dermatologists:





Don't believe everything you hear or see online.

Using moisturizer after washing your hands **does NOT** negate your handwashing efforts, and there is **NO evidence** that using hand sanitizer makes you more vulnerable to infections or viruses.

For more information about COVID-19, visit the CDC's website at **cdc.gov/coronavirus**.

For help with persistently dry skin, see a board-certified dermatologist. Find one in your area at **aad.org/findaderm**.

