

Extensive hand-washing? How to look after your hands & prevent the spread of infections

Simple steps to follow



Wash your hands with normal/antibacterial soap for around 20 seconds.^[1]



If you have **eczema or very dry skin**, the National Eczema Society recommends **rewashing** your hands with an **emollient soap substitute** to help protect your skin.^[2]



Dry hands well after washing by gently patting them dry, **not rubbing**.



Apply a **leave-on emollient** to keep your hands moisturised. **Re-apply** at other times during the day when the skin feels dry and sore.

Hand hygiene – most effective tool^[3]

Hand hygiene is a critical tool to help prevent the further spread of COVID 19 and beat this global pandemic.^[3]

Increased frequency of hand washing is likely to make your skin **drier than usual**. If you have eczema or a dry skin condition, your skin may be even more vulnerable.^[2]

Incorporating **emollients** in your skincare regime and while handwashing is an effective way to soothe and relieve dry skin and constantly repair the skin barrier.

Useful tips



To rehydrate sore dry hands overnight, you can use an ointment and wear clean cotton gloves.

If you use sanitising gel, apply your favourite emollient afterwards to minimise any irritant effect. The hand gel must be fully dry before applying an emollient, otherwise the gel won't be as effective.

Ask your GP...

Please contact your GP to request your emollient prescription or purchase from your local Pharmacist.



Written by Julie Van Onselen – Dermatology Adviser and Educator

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www.eczema.org

The National Eczema Society does not recommend or endorse any particular products

References:

1. <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/> - last accessed 16/07/2020
2. https://www.who.int/infection-prevention/campaigns/clean-hands/WHO_HH-Community-Campaign_finalv3.pdf - last accessed 16/07/2020
3. <https://eczema.org/blog/advice-on-coronavirus-covid-19-for-people-with-eczema/> - last accessed 15/07/2020

Do not smoke or go near naked flames - risk of severe burns. Fabric (clothing, bedding, dressings etc) that has been in contact with this product burns more easily and is a serious fire hazard. Washing clothing and bedding may reduce product build-up but not totally remove it.

For more information visit zeroderma.co.uk

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