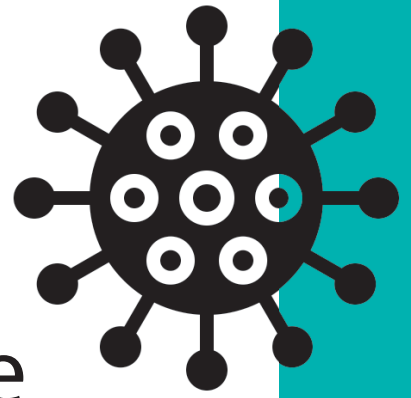


Hand hygiene must be performed immediately before every episode of direct patient care, and after any activity or contact that potentially results in hands becoming contaminated.



# Preventing hand/face dermatitis/eczema during the Covid-19 Pandemic

## Guide for Healthcare Workers (HCW)

- All hand hygiene methods appropriate for use during the COVID-19 pandemic have the potential to cause irritant contact dermatitis (eczema)
- Even HCW who have practiced for years without getting hand dermatitis still need to take steps to protect themselves
- Dermatitis can affect your face, especially the bridge of your nose, due to the wearing of face masks

Regular use of moisturising hand cream is proven to protect from hand/face dermatitis



**Keep a tube of moisturiser for personal use, or use the hand cream on the ward. Moisturise your hands/face as often as possible, before during and after your shift.**



Using a 5p sized blob of hand cream, and rubbing it in for at least 30 seconds should get rid of any greasy feeling. Make sure to cover all surfaces of your hands.

Should the skin on your hands (or on the bridge of your nose from mask use) becomes inflamed/itchy/red you should contact your occupational health department.