



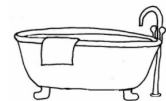
STRATICA
DERMATOLOGY

Hand Hygiene for Frequent Hand Washing, Atopic or Irritated Skin

Frequency cleansing or use of hand sanitizers can cause dry, cracked, itchy or painful skin and possibly infection. To protect yourself and keep your skin barrier healthy, it is important to follow these two steps of washing and moisturizing.

Step 1: Wash Your Hands

- Wet your hands with clean, running luke-warm water, and apply a gentle cleanser (See suggestions below)
- Lather your hands by rubbing them together with the cleanser. Lather the back of your hands, between your fingers, and under your nails.
- Wash your hands by developing a foam for 20 seconds, then rinse your hands well under the clean, running luke-warm water
- Pat your hands dry using a clean towel



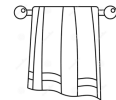
Bathe using lukewarm water



Use gentle non-irritating hydrating skin cleansers

Step 2: Moisturizing & Protect

- Immediately apply a moisturizer to all dry areas of the skin
- It is crucial that a moisturizer be applied to all areas that are prone to dryness
- If hands are already dry/cracked, add a healing or protecting product over the moisturizer to help seal moisture into the skin and protect it from external aggressors.



Gently pat dry with a cotton towel

Suggested Drugstore Products

Non-irritating cleansers

- CeraVe Hydrating Cleanser
- CeraVe Hydrating Cleanser Bar
- Cetaphil Gentle Skin Cleanser
- La Roche-Posay Toleriane Dermo-Cleanser
- Spectro Cleanser for Dry Skin

Moisturizers

- CeraVe Moisturizing Cream/Lotion
- Cetaphil Gentle Skin Cleanser
- La Roche-Posay Lipikar Baume AP+
- La Roche-Posay Lipikar Xerand
- Cetaphil Moisturing Cream/Lotion

Skin Healing/Protecting Products

- La Roche-Posay Cicaplast Baume B5
- La Roche-Posay Cicaplast Mains
- CeraVe Therapeutic Hand Cream
- CeraVe Baby Healing Ointment
- Eucerin Aquaphor Healing Ointment

Suggested Medical Grade Skincare

- Everyday Sensitive Cleanser
- Skin Medica Facial Cleanser
- ZO Gentle Cleanser
- Everyday Sensitive Moisturizer
- SkinMedica Ultra-sheer Moisturizer
- ZO Hydrating Crème