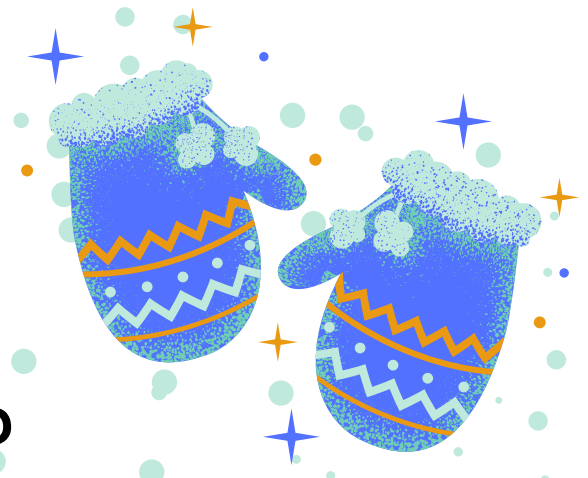


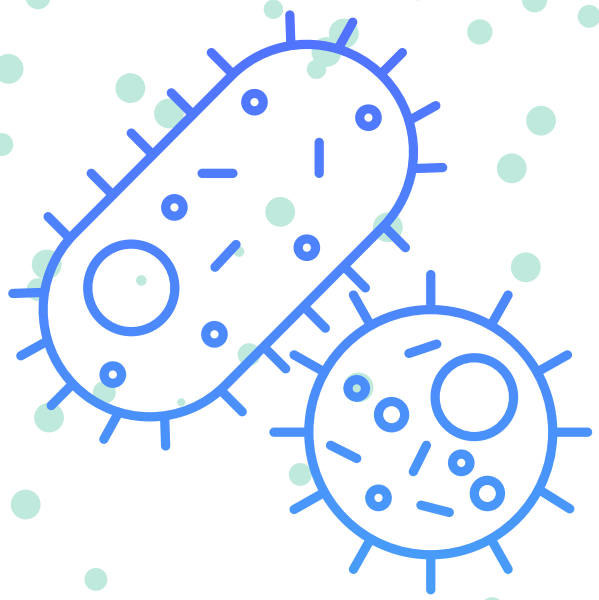


# Winter Skin Care



Brought to you by Kelley-Ross Pharmacy Group

The skin is the body's **LARGEST** organ and needs special attention during the winter months. Here are three **EASY WAYS** to keep your skin healthy and happy when its cold outside!



## Wash your Hands

**December is national handwashing awareness month!**

It is very easy for germs to get and stay on our hands. Some of the ways we contract germs are well-known, such as when we use the bathroom or change a diaper. Other ways are less recognized, such as if we handle raw meat or touch an object someone has coughed or sneezed on. When hands are visibly dirty, washing them for **20 seconds with soap** can prevent diarrhea by up to 40% and respiratory illnesses (such as the cold and flu) by 20%. When you don't see anything on your hands, it is okay to use hand sanitizer containing at least 60% alcohol.

**Overall, handwashing is one of the most important ways to avoid spreading germs and getting sick from others.**

## Moisturize

Colder weather means less moisture in the air. This can result in dry or cracked skin that is more easily accessible to bacteria and viruses that make us sick. It is important to moisturize every time after you wash your hands to keep your skin healthy and protected. The American Academy of Dermatologists recommends **using a hand cream or an ointment that contains mineral oil or petrolatum, comes in a tube, and does not have any fragrances and dyes.** Make sure you ask for help to read product labels if you have any skin allergies. If you need a recommendation about which product to use, ask your doctor or pharmacist!

**Use your moisturizer on slightly damp hands every time after handwashing.**



## Use Sunscreen

**Did you know you can get sunburnt in the winter?**

Protection from the sun is important all year, not just in the summer! Ultraviolet (UV) rays are an invisible form of radiation that come from the sun and are the cause of sunburns and skin cancer. UV rays reflect off of surfaces like water, sand, cement, and snow. This means you wearing sunscreen is important even on rainy days!

**Sunscreen is most effective when:**

using a broad spectrum product with at least SPF15

reapplying after 2 hours of being outside

using within its expiration date! If it has been three years and/or you do not know the expiration date, its time to get a new bottle!



# Hand Hygiene



## STOP GERMS! WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of germs and be healthy.



**1** **Wet** your hands with clean, running water, and apply soap.



**2** **Lather** your hands by rubbing them together with the soap.



**3** **Scrub** your hands for at least 20 seconds.



**4** **Rinse** hands well under running water.



**5** **Dry** hands using a clean towel or air dry them.

LIFE IS BETTER WITH  
**CLEAN  
HANDS**

329459-A

[cdc.gov/handwashing](https://www.cdc.gov/handwashing)



## Frequently Asked Questions

### Can I use hand sanitizer instead of soap?

If you do not have any soap and water, you can use a hand sanitizer made with at least 60% alcohol. If your hands are visibly dirty, it is best to wash your hands with soap!

### How long do I have to wash my hands for?

Wash your hands for 20 seconds.  
Sing happy birthday to yourself, twice!

### Do I still need to wash my hands if I don't see any dirt on them?

Yes! Many germs are invisible and we will not be able to see them without a microscope.

### Is it better to use warm water or cold water?

Either one! Warm water and cold water kill the same amount of germs.

### What's better, handwashing or using hand sanitizer?

Handwashing with soap and water is the most effective way to remove germs. Handwashing also kills pesticides and other metals that can be harmful to skin.

### Where can I find more information?

Links to more information:  
[CDC Handwashing](#)  
[ADA Moisturizing](#)  
[CDC Sun Safety](#)