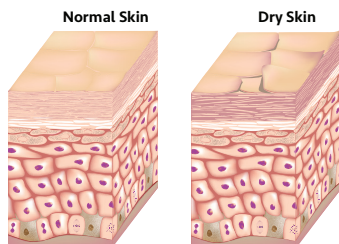




Dry skin



SIGNS & SYMPTOMS

- Itchy skin. The skin can be red from scratching it.
- Chapped skin.
- Skin cracks, peels, and/or flakes.
- Rough, loose texture

CAUSES

- Aging. The body naturally produces less oil and moisture.
- Cold winter weather. Dry air or heat.
- Washing the skin often. Using harsh skin products.
- Chronic and excessive sun exposure.
- Allergies
- Smoking
- Diabetes, thyroid disease, or kidney disease
- Other skin conditions, such as psoriasis



TREATMENT

Dry skin can lead to health problems if the skin cracks, becoming a potential portal for infection. This is especially risky for people with diabetes. If it is a symptom of a health problem, treating the problem treats the dry skin.

SELF-CARE / PREVENTION

- Drink 8 or more glasses of water a day.
- Apply a moisturizer daily and after washing your hands.
- Wear rubber gloves when you wash dishes.
- Take showers instead of baths. Use warm (not hot) water.
- Apply a moisturizing cream while your skin is damp. Use products with lanolin, ceramides, or hyaluronic acid.
- If you do bathe, do so for only 15 to 20 minutes in lukewarm water. Pat yourself dry. Do not rub.
- Shave at the end of your bath or shower.
- Wash your skin with a gentle, fragrance-free cleanser.
- Avoid moisturizers with fragrances, preservatives, or alcohol.
- Use a nighttime moisturizer for the face.
- Stay out of the strong sun. Do not use tanning salons or sun lamps. When in the sun, use a sunscreen with a sun protection factor (SPF) of 30 or more.
- Don't scratch or rub dry skin.
- Use a humidifier in your home to add moisture to indoor air.

TRIAGE QUESTIONS



With dry skin, do you have any of these problems?

- Tight, shiny, or hardened skin
- Deep cracks on the hands or feet or a scaly patch that has not healed in 4 weeks
- Itchy skin areas that are raised, have red borders, and are covered with large white or silver-white scales
- Signs of hypothyroidism
- Diabetes

NO
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YES ➔ SEE DOCTOR



With dry skin, do signs of an infection occur, such as fever, blisters, redness, swelling, pain, tenderness and/or pus?

NO
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YES ➔ SEE DOCTOR



With dry skin, do you itch all over (without a rash), does itching prevent sleep, or do you get no relief from self-care?

NO
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YES ➔ CALL DOCTOR



USE SELF-CARE