

# Maintain Healthy Hands with Frequent Washing & Moisturizing

Hand washing is easy, and one of the most effective ways to help prevent the spread of germs, bacteria and viruses, including COVID-19 (coronavirus). Clean hands aid in minimizing the spread of germs from one person to another and throughout communities.

**The Centers for Disease Control and Prevention recommend the following five steps to ensure proper hand washing:\***



**Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**



**Lather your hands by rubbing them together with the soap. Lather the back of hands, between your fingers, and under the nails.**



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



**Rinse your hands well under clean, running water.**



**Dry your hands using a clean towel or air dryer.**

\*For more information, visit: [www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html).

## How frequently should you wash or sanitize your hands?

Frequent hand washing is recommended “especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.”

If soap and water is not available, a hand sanitizer that contains at least 60% alcohol is recommended.



### Importance of moisturizing after hand washing

Washing your hands frequently may lead to hands that feel rough, dry or irritated. This is due to the damage that soaps and sanitizers cause on the skin surface, resulting in loss of moisture. If not protected, the dryness can progress to cracks in the skin that are painful and difficult to heal.

It is important to include a therapeutic moisturizing cream or lotion as part of your daily hand cleansing and hand maintenance plan.

### Which moisturizing products are right for you?

Not all cleansers are the same. Choose a gentle (but effective) therapeutic cleanser like **Eucerin Advanced Cleansing** or a similar product.

After cleansing, moisturize your hands with **Eucerin Advanced Repair Hand Cream, Body Cream or Lotion**, formulated to replace important components that are part of the skin’s natural moisturizers and oils. This will help keep moisture in your skin and protect the skin’s surface.

If your hands are itchy, irritated and suffering from Eczema, try **Eucerin Eczema Relief Hand Cream and Body Cream**, developed to help protect the skin, reduce itching and minor irritations from Eczema, and help restore the skin’s protective barrier.

To help accelerate the recovery of damaged hands, overnight application of **Aquaphor Healing Ointment** (while wearing gloves or socks) can have a noticeable restorative effect on stressed hands.

**Eucerin**<sup>®</sup>

**Aquaphor**<sup>®</sup>  
HEALING OINTMENT