**BOHS Member Information on Maintaining Skin Health while observing COVID-19 hygiene measures**

*This information is derived from guidance provided by BOHS specialist, Chris Packham (March 2020) Dermatological Engineer EnviroDerm Services who is happy to field further technical questions. The full content can be downloaded from the BOHS COVID-19 hub under Member Insights.*

* Hand hygiene is probably the single **most important preventative measure** in combatting the spread of COVID-19.
* There are **two methods** that should be used, depending to how dirty your hands are.
* For visibly clean hands, **alcohol-based** sanitizer, with appropriate moisturizer (usually glycerol) is the **best method of deactivating the virus** and the **best long-term solution** for skin health
* For visibly dirty hands, **soap and water**, with **equal concentration on thorough rinsing** as coverage by soap is an effective method
* However extensive use of **soap can result in skin damage** which can limit the effectiveness of the method and cause other health problems.
* Using a **small amount of any moisturizing lotion every time hands are washed** (not so much that it is sticky) will help maintain skin health
* Moisturiser is not needed when using appropriate alcohol-based hand sanitisers

April 8th 2020