During this Covid-19 Pandemic, the measures taken to protect us and avoid getting the virus have caused dermatological problems:

* The use of personal protective equipment can cause skin disorders and/or aggravate preexisting skin disease.
  + Facial inflammatory papules
  + Acne and aggravation of rosacea
  + Seborrheic dermatitis
  + facial itching could occur
* Intensified handwashing and disinfection can cause irritant contact dermatitis

You must do the following to avoid these problems on your skin:

1. Use cool or lukewarm water with soap to wash your hands.
   1. Hot water can increase skin damage
2. After washing your hands, gently rinse and pat them dry. Right after, apply plenty of moisturizer.
3. Cleanse and moisturize your face before and after using a mask.
4. To prevent or relieve skin injuries caused by pressure or friction from masks, a thin layer of zinc oxide can soothe and protect skin.
   1. Zinc oxide is a skin protectant
5. You can also try placing a bandage between the skin pressure points and the mask.
6. If you develop acne, cleanse your skin regularly. Use a water-soluble moisturizer.
   1. Look for acne treatment products that contain benzoyl peroxide or salicylic acid

**Risk factor**

* Do you have a job in which you have a lot of sun exposure?
* Has any relative (father, mother, siblings) of yours had skin cancer?
* Do you have fair skin and hair?
* You smoke? How many cigars a day?
* Do you have any conditions that cause immunosuppression?
* Do you often use tanning beds?