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## Chapped hands

To prevent chapped hands:

- Avoid excessive sun exposure or exposure to extreme cold or wind.
- Avoid washing hands with hot water.
- Limit hand washing as much as possible while maintaining good hygiene.
- Try to keep the air in your home humid.
- Use mild soaps or non-soap cleansers.
- Use moisturizing lotions on your hands regularly, especially if you live in a dry climate.

To soothe chapped and sore hands:

- Apply skin moisturizing lotion frequently (if this does not work, try creams or ointments).
- Avoid putting your hands in water unless necessary.
- If your hands do not improve, contact your health care provider.
- Very strong hydrocortisone creams (available by prescription) are recommended for badly chapped hands.
- Wear gloves for doing everyday chores (cotton is best).

## Alternative Names

Hands - chapped and dry

## References

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# Review Date 10/9/2024

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06/01/2028

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