

A person wearing a heavy winter jacket, a knit hat, a scarf, and gloves stands in a snowy environment. In the background, there is a wooden structure and a sign that says "10".

WINTER WEATHER BRINGS DRY SKIN FOR MANY OF US

Dry skin can cause many problems for us and those we serve.

These include:

Itchiness
Thick, rough skin
Cracks in the skin
Dermatitis
Eczema
Bacterial infections

What can we do to prevent or treat dry skin during the winter months?

Moderate how much hot water used on the skin
Use minimal soap
Moisturize, moisturize, moisturize!!!
Use a humidifier
Hydrate, hydrate, hydrate!!!
Consult a specialist if needed
Wear sunscreen—yes, even in the winter months!