



Say goodbye to winter rash

Winter weather can create havoc for your skin. Cold air, low humidity, and the use of central heating all contribute to skin becoming dry, red, and itchy.

A winter rash is a common skin condition that develops in the cool months.

In addition, cool temperatures and dry air create a condition ripe for flair-ups for people who have skin conditions. This includes eczema or psoriasis.

If you are prone to winter rashes, there are simple steps you can take to protect your skin and keep you comfortable all winter long.



KEEP YOUR SKIN MOISTURIZED

A thick, cream-based moisturizer is often a good choice in the winter. Because winter rashes are usually caused by dryness of the skin, find a lotion or cream that keeps your skin soft and smooth.

Moisturize right after you bathe while your skin is still damp. For patches of skin that are dry, red, or itchy, you can apply lotion as often as needed.



AVOID HOT SHOWERS OR BATHS

Soaking in a steaming hot bath or shower might sound nice, but all that hot water can dry out your skin. When you bathe or shower, keep the water warm and limit your time to five or ten minutes.

For some people, bathing every other day can aid in keeping the skin moisturized by allowing the skin's natural oils to accumulate.



USE A HUMIDIFIER

In cooler months, the air is cold and it also contains less water. If your home heating system does not have built-in humidity control, you may choose to purchase a humidifier to add moisture to the air.

Ideal indoor air humidity should be between 30-50%. If you are using a humidifier, aim to stay in that range to prevent dryness.



WHEN TO SEEK TREATMENT FOR A RASH

Call your doctor if you have any of these symptoms:

- You develop open cuts or sores
- Your dry skin keeps you from sleeping
- You have itching without a visible rash
- Your self-care efforts do not relieve your dry skin