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DOCUMENT DEVELOPED WITH THE SUPPORT
OF EXPERTS FROM DERMATOLOGY
AND ALLERGOLOGY SOCIETIES



Thematic groups of the
French Society of
Dermatology (SFD)

Sister society of the
French Society of
Dermatology

PROTECT YOUR HANDS

Your hands are fragile, you frequently get hand dermatitis. It is often irritation dermatitis that can be avoided with some simple measures. It can also be an allergy for which the cause must be found.

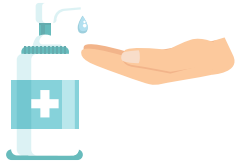


YOU HAVE HEALTHY HANDS

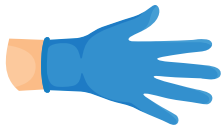


Wash your hands with soap and water (bar washing up liquid and solvents).

Limit the number of times you wash your hands, as hand washing more than 10 times a day can be irritant.



Hydro-Alcoholic Solutions (HAS) are an alternative to washing hands, they are effective at eliminating eliminate microbes.



Always use gloves tailored to your activity (washing up, cleaning, gardening, DIY...).



YOU HAVE FRAGILE HANDS, OFTEN DRY, PARTICULARLY IN WINTER

In addition to the aforementioned measures:

- Use **mild soap** (ultra-rich bar or syndet) to wash your hands
- Despite common beliefs, **Hydro-Alcoholic Solutions (HAS) do not worsen dryness** and do not cause allergies. They should be favored for disinfecting hands.



- Apply **moisturizing creams** regularly, and after washing hands
- In winter, protect your hands from the cold (barrier creams, gloves made from soft, warm material)
- **Use gloves tailored** to your activity: For washing up and cleaning, use clean, undamaged, reusable gloves with long cuffs. Do not use single-use vinyl gloves as they are not chemical resistant.



YOURS HANDS ARE RED, DAMAGED, PAINFUL OR ITCHY



Your hands need to be treated!

Don't wait, contact your doctor to:

- Establish appropriate treatment
- Search for triggering or aggravating factors

