

# First Aid Care For Skin

## Tips To Protect Chafed, Chapped, Cracked & Dry Hands

(NAPS)—An estimated 8.6 million adults in the U.S. suffer from the signs and symptoms of hand eczema and hand dermatitis—chafing, chapping, cracking, and dry skin. Fortunately, there's now non-prescription relief that helps fight the symptoms of both of these conditions.

There are a multitude of elements which can irritate skin and destroy its protective barrier. Skin can become dry and irritated when work is done with harsh chemicals, or from frequent hand washings. For active people, such as nurses, cosmetologists, mechanics or household workers, protective gloves and heavy ointments are impractical. TheraSeal Hand Protection, newly available in first aid sections, protects hands from chafing, chapping, cracking and dry skin, caused by irritants.

"TheraSeal Hand Protection helps to protect hands from cosmetic, household, occupational and/or environmental irritants," says Dr. Braham Shroot, Vice President of Research & Development for Healthpoint. "Furthermore, the elegant formula permits people to continue routine daily activities whether at home or in the workplace."

To protect hands from the recurrence of signs and symptoms of hand eczema and hand dermatitis—as well as preventing irritation caused by cosmetic, household, occupational and/or environmental irritants—experts recommend the following tips:

### **During house/kitchen work**

- Protect hands with rubber gloves and line them with white cotton (absorbent) gloves.
- Wear gloves for no more than 30 minutes at a time.
- Avoid very hot water, which may penetrate gloves.
- Use long-handled brushes for washing dishes and cleansing of pots, stoves and dishwashers.
- Wear cotton gloves during dry, dirty or dusty housework. Wash gloves, not hands.
- Apply a protective lotion liberally and frequently for best results.



**There's now "hands on" relief for chafed, chapped, cracked and dry skin with new TheraSeal Hand Protection.**

### **While preparing food**

- Avoid contact of hands with fruits, fruit juices, vegetables, raw meats, fish and especially raw onions and garlic.

### **When working with chemicals**

- Avoid or minimize contact with hair tonics, lotions, detergents and bleaches, solvents such as turpentine or benzene, or epoxy resins used in hobbies. Protect hands with a plastic polymer glove (vinyl), instead of latex. Try cotton swabs or brushes when working with hair tonics.

### **When cleansing skin**

- Choose plain, unscented soaps, free of color, antiseptics or vitamins. For very dry skin, try a superfatted soap. Avoid deodorant or antibacterial soaps.
- Remove rings when cleansing to avoid getting soap trapped underneath jewelry.
- Use lukewarm water.
- Rinse hands gently and thoroughly, especially between fingers.
- Gently pat—never rub—skin dry.
- Wash as infrequently as possible.
- Finish by applying a product such as TheraSeal Hand Protection, liberally and frequently.

TheraSeal Hand Protection is available in the first aid section at drug stores. For more information, visit the Web site at [www.theraseal.com](http://www.theraseal.com).