

COVID-19: Recommendations and general advice for patients

The EADV advises the public to adhere to official recommendations and advice to reduce the spread of respiratory viruses and risk of exposure during the COVID-19 outbreak.

- Follow the instructions and regulations of national and local health authorities
- Follow current public health advice practices (see [protective measures and advice by the World Health Organisation](#))
- Disregard and stop the spread of fake news by checking sources and reliable fact-checkers
- Respect hygienic measures and social distancing
- Do not alter, interrupt or stop any chronic treatment without consulting your prescribing physician.

What to do if you have...

- **Dry skin** caused by handwashing:
use mild soaps and apply emollients after handwashing.

Detailed recommendations for hand hygiene to minimize the risk of adverse reactions
<ul style="list-style-type: none"> • Hand sanitisers should only be applied to clean, dry skin • Hand sanitisers should be rubbed until the skin is dry, approximately 30 seconds • Hands should not be washed immediately after the hand disinfection • Between applications of hand sanitisers, hands should only be washed when they are visibly soiled • A mild, non-alkaline soap should be used • Water for hand washing should be cold • The duration of hand washing should be as short as possible but long enough to remove all visible contamination (20 seconds is usually sufficient) • Residual soap should be rinsed off completely • Do not use wash brushes • Skin care lotions and creams should be used between hand hygiene procedures • Hands should be dry before putting gloves on • Do not wear rings and bracelets at work
Detailed recommendations for gloves use to minimize the risk of adverse reactions
<ul style="list-style-type: none"> • Protective gloves should be used appropriately (or according to instructions,) and no longer than the time required for the job (or task) you are doing. They should be the correct size. • Protective gloves should be intact, clean and dry inside



- **Pressure wound** (nose bridge) caused by mask:
after disinfecting the damaged skin, apply a thin second skin bandage (hydrocolloid film); leave it on until it peels off spontaneously and replace the bandage.

- **Chronic skin disease** (psoriasis, atopic dermatitis, bullous disease, etc.):
do not interrupt or stop your treatment without consulting your **specialist**. Interrupting a treatment could do more harm than good. Your doctor will decide if the treatment should be continued or interrupted.

For people taking immunosuppressive therapy/biologics, a case by case evaluation is recommended because there is no standard advice yet.

Patients with a higher risk of severe infections (e.g. diabetes, overweight, heart disease, etc.) should be especially aware and when symptoms occur (i.e. fever or cough), contact a doctor immediately.

More information can be found in the recommendations written by the European Reference Networks-Skin by clicking [here](#).

Worried about your skin disease, a new skin eruption or because of a suspected skin lesion?

Call your dermatologist who will decide if a face to face consultation is needed or if teleconsultation may be a solution. You can help your dermatologist by preparing for your teleconsultation. A good description of your symptoms and a clear picture of the affected area is useful for the doctor.

- **How to take a good picture?**

These are the minimum requirements for the dermatologist to correctly interpret clinical images:

- a) be in focus
- b) show the extent of the affected area
- c) have correct lighting that accurately shows the colour and contours of the affected area
- d) comprise of at least two pictures (close-up and overview)

For further tips [watch this video](#), it will help you understand how to take a good picture for your dermatologist.