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Newsletter: April, 2020

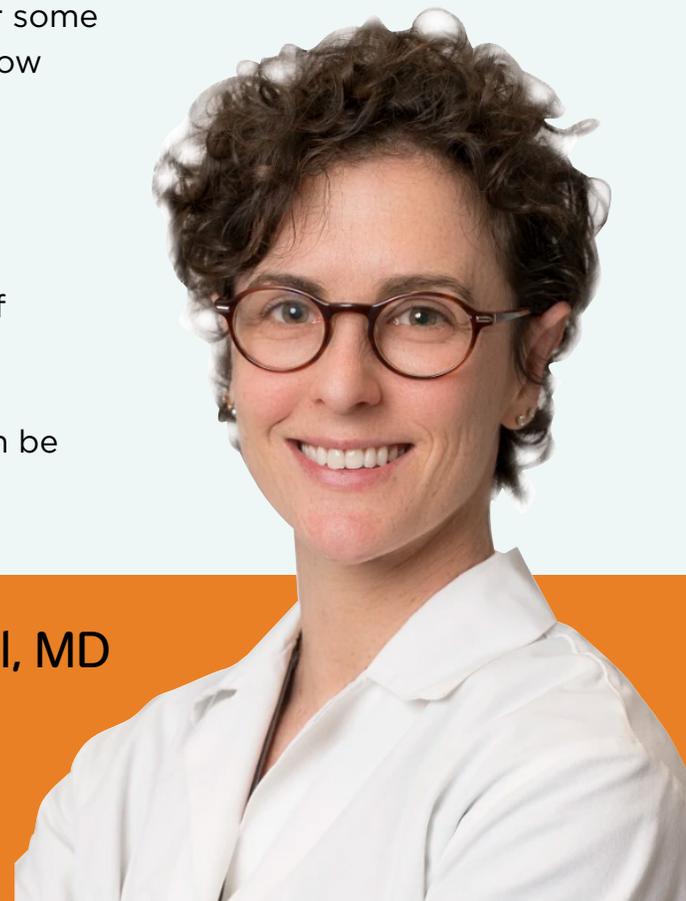
COVID-19 and Your Skin

The coronavirus pandemic, which we all now know as COVID-19, has changed life dramatically as we know it in the last 3 months. Originating in Wuhan, China, the virus is now on every continent in the world with the exception of Antarctica. To date, more than 12,000 people in the US have died and we are being told that 100,000-200,000 people will likely lose their lives to this disease.

When coronavirus was classified by the world health organization (WHO) as a pandemic on March 11, we began to see a spike in misinformation as fear spread throughout the nation. Toilet paper disappeared off the shelves, as did masks and Lysol and cleaning products. In this article, we will try to go over some of the most common misinformation with regards to how this disease can affect your skin.

Watch For Symptoms!

Fever, cough and shortness of breath, as well as lack of smell or taste have been some of the earliest reported symptoms of the virus, which can be mild to severe, resulting in a death toll that is growing. Symptoms can be seen 2-14 days after exposure.



Amylynn J. Frankel, MD

Covi-19 Myths

Myth 1: Spraying chlorine or alcohol on your skin kills viruses in the body

This is simply untrue. Although people can use these chemicals to disinfect surfaces, they should not be put directly on the skin as it can cause harm if it enters the eyes or mouth.

Myth 2: Hand dryers kill coronavirus

Hand dryers do not kill coronavirus. The best way to disinfect is scrubbing with soap and water or an alcohol-based skin rub.

Myth 3: Rinsing the nose with saline protects against coronavirus

There is no evidence that saline nasal rinse protects against respiratory infections. It may, however, reduce the symptoms of an upper respiratory tract infection.

Myth 4: You can protect yourself by gargling bleach

There is never a time to ingest bleach, as it is corrosive and can seriously damage you.

Myth 5: Garlic protects against coronavirus

Research has shown that garlic can slow the growth of **some** bacteria. COVID-19 is a viral illness, though, so antibiotics and homeopathic remedies for bacteria will not help. Additionally, garlic rubbed on the skin can cause an irritant or contact dermatitis in some people.

Myth 6: Home remedies can cure and protect against COVID-19

There are no home remedies that can protect against COVID-19. This includes common homeopathic remedies such as vitamin C, sesame oil, garlic, essential oils, silver colloid, fish tank cleaner, burning sage, high proof alcohol, or tide pods. As mentioned above, the best way to protect yourself is to adopt a vigorous hand washing regimen and practice social distancing.



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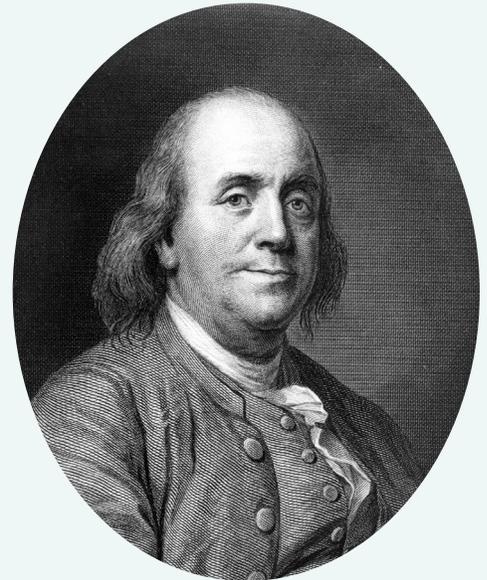
Now that we have told you to wash your hands and keep washing, what does that mean for your skin?

Our skin, when it is healthy and intact, is our protective barrier, keeping moisture in and bacteria and irritants out. When impaired, as by over washing, dry skin can present with redness, flaking, itching and cracking, and in some susceptible people, a rash called hand dermatitis. Additionally, cuts or breaks in the skin can lead to skin infections. We at Aspire Dermatology recommend incorporating a liberal moisturization routine along with your hand washing. Moisturizing with a bland, fragrance free moisturizer after **every** hand washing, and whenever your hands feel dry, chapped or itchy, will help prevent much of the dry skin issues we are seeing during these trying times. Using petrolatum based moisturizers such as Vaseline or Aquaphor is recommended. As are Neutrogena, Norwegian hand cream, Cerave healing ointment, Aveeno, Nivea Cream and other over the counter fragrance free products.

Stay healthy, and remember, we are here for you at Aspire!

*Remember:
“An ounce of prevention is
worth a pound of cure”*

~ Benjamin Franklin



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