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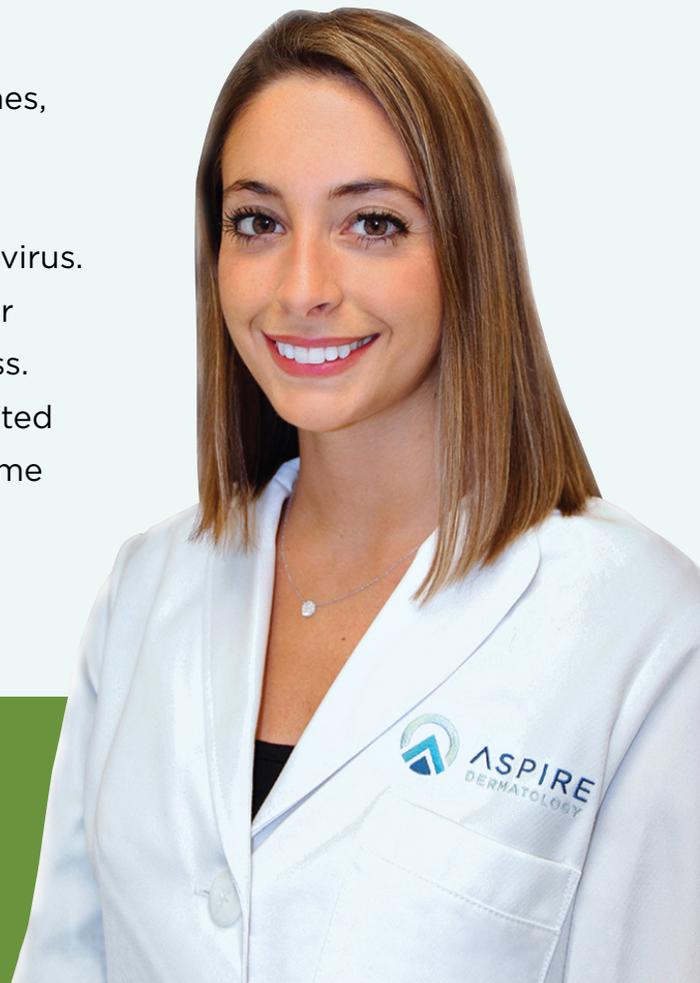
DERMATOLOGY

Newsletter: May, 2020

Emerging Skin Manifestations of COVID- 19

With each day that passes we are finding out more and more about the mysterious disease that has taken the world by storm. Along with fever, dry cough and shortness of breath, COVID-19 has been associated with a wide range of constantly evolving symptoms. This disease's cutaneous manifestations have not been widely discussed, but in recent days, various skin rashes have come to light in connection with the illness.

It is important that individuals are aware of these rashes, even if they have no other symptoms consistent with COVID-19. If you develop any of the following skin manifestations, it does not mean you have the coronavirus. We recommend evaluation by a Dermatology provider or Primary Care Provider via a telehealth visit to assess. COVID-19 testing or further evaluation may be warranted if determined by a healthcare provider. Please find some of the potential skin findings in COVID-19 reviewed on the following pages.



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Acral Ischemia

Recently deemed, “Covid Toes”, this is one of the most commonly reported cutaneous findings of COVID-19 thus far. This disease is technically known as Pernio, and is a skin condition that occurs when blood vessels clot or become inflamed by cold temperatures. This is occurring mainly in children and young adults. Some pediatric dermatologists have even called it a growing “epidemic” in kids nationwide. Interestingly, patients with this finding tend to not display other typical findings and also may test negative early on.



Urticaria

Hives, also known as urticaria, are a reaction that causes red, itchy, swollen welts on the skin. Typically, hives develop as an allergic reaction to food, drugs or other substances. It is not a new development that urticaria can also occur during viral infections. The development of hives tell us that an immune system is on overdrive, and that is exactly what happens with COVID-19.

Livedo Reticularis

Livedo Reticularis can be described by a lace-like purple discoloration of the skin. It is caused by swelling in small veins resulting in obstruction of capillaries by small blood clots. This rash is common and can occur as a response to certain emotional stimuli, like being afraid or embarrassed, as well as a reaction to the cold. However, in COVID-19 patients it becomes more intensified, appearing red, dark, and coarse. The severity of the blood clotting has led to amputations in a number of patients, including Broadway star Nick Cordero.



Viral Exanthems



A COVID-19 rash can be a great imitator, and has been known to look very similar to the rashes of Chicken Pox, Measles, and Dengue Fever. There is not enough information out as to what these rashes can mean in terms of patient outcomes. These rashes can look like small red bumps covering the skin. They may or may not cluster into large patches on the skin. If you have a mysterious rash, please seek attention from a healthcare provider via telehealth.



We are still in the gathering phase to find out more information regarding cutaneous findings in COVID-19. The American Academy of Dermatology is asking its dermatologists to add information about COVID-19 patients to its COVID-19 Dermatology Registry. This will be shared anonymously with researchers to further expand our knowledge. More information will continue to emerge with each passing day.

Stay tuned and continue to take every precaution to stay healthy and flatten the curve!

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