

Covid-19 and the increase in hand dermatitis and acne. Preventable consequences of the pandemic

Covid-19 y el incremento de acné y dermatitis en manos. Consecuencias prevenibles de la pandemia

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Dear Editor

The covid-19 pandemic that began in Wuhan (2019) and whose first case was announced in Peru on March 6, 2020 and on March 10, 2020 in Huánuco, places us at the moment, with the highest mortality rate in the world. For this reason, many therapies have been tried to combat this disease; where corticosteroids, both oral and parenteral; they are part of the proposed treatment scheme¹; for example, the use of dexamethasone at 6 mg / day or prednisone 40 mg / day (1) orally, for a period of 10 days on an outpatient basis; but the self-medication practiced by the population (2) has brought side effects in the people who consume them; such as the increase in the incidence of acne induced by corticosteroids (3). Acne lesions appear after exceeding the 10 days recommended by doctors or taking continuously on alternate dates. Given the above, the population is recommended to avoid self-medication and comply with medical prescriptions, without exceeding the time indicated for corticosteroids, in order to prevent the appearance of acne induced by corticosteroids, which has increased notably in this pandemic.

In addition, another important topic against covid-19 is the prevention; such as hand washing with soap and water that at least between 20 to 30 seconds (4) or the use of alcohol gel if I do not have access to soap and water; the use of masks and social distancing; fundamental actions that the population must practice to avoid virus infection. But many people are using negative elements to wash their hands such as laundry soap, detergent or before a correct hand washing, they unnecessarily add 96% ethyl alcohol or gel alcohol, bringing as a consequence, a noticeable increase in the dermatological consultation of dermatitis by irritating contact on the hands (5); affecting the daily activity of the person by not being able to use their hands normally; for the irritation, pain and cracks they present. Then it is recommended; avoid the use of irritants such as laundry soap or detergent for proper hand hygiene; it is enough to use a toilet soap and water. Neither should 96% ethyl alcohol or gel alcohol be added to the hand that has already been properly washed, as this action will cause dryness in the hands, ending in irritative contact dermatitis. If, you can add a moisturizing hand cream to prevent dermatitis after washing; since the action of hand washing has increased in times of pandemic (6).

Contribution of the authors

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