

TAKE CHARGE OF YOUR HEALTH

Protect Your Skin During the Winter



The changing of the seasons can impact your skin. Specifically, winter weather brings colder and less humid conditions, leaving your skin prone to issues such as dryness. Dry skin symptoms can include itchiness, flakiness, redness, cracking and bleeding.

Consider the following tips to help care for your skin during the winter months:

- **Adjust your shower routine.** The length and temperature of your showers can make a big difference in the dryness of your skin. Long and hot showers during the cold months can strip the natural oils in your skin, drying it out. Try short and cold showers instead.
- **Use moisturizer.** Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.
- **Avoid products with fragrances.** Oftentimes, the better a product smells, the more irritating it can be for your skin. As such, consider choosing fragrance-free skin products and laundry detergents.
- **Use a humidifier.** Humidifiers can return moisture into the air within your home, which can help prevent and relieve environmental dryness.
- **Stay hydrated.** Make sure you're drinking enough water throughout the day to improve the appearance of your skin and make it less susceptible to drying out.

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