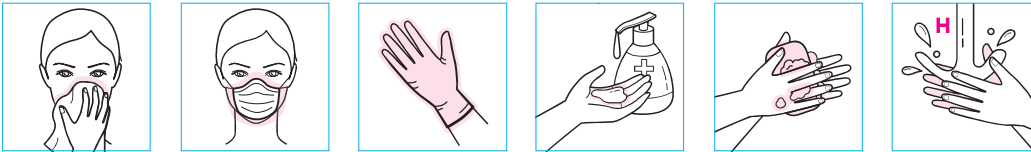


CARING FOR YOUR SKIN

An intact skin barrier is the first line defence mechanism⁴ against irritants, allergens and other external aggressors. **Whilst protecting yourself against cold and flu illnesses, it is important to identify sources of skin irritation, dryness and damage to the skin barrier.**



Friction from tissues, face masks and gloves. Dryness from hand sanitiser, soap and hot water.

Did you know there are two major types of skin reactions associated with hand hygiene?

The first and most common type is **Irritant contact dermatitis**. Symptoms include **dryness, irritation, itching, and even cracking**.

The second type is **allergic contact dermatitis**, is rare and represents an allergy to an ingredient in a hand hygiene product.⁵

THE SOLUTION

1. CLEANSE

Lipikar Syndet AP+

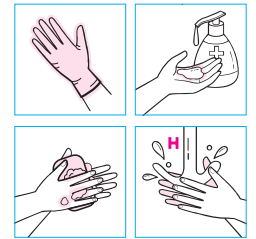
> Gentle cleansing wash cream for very dry, irritated and atopic-prone skin

Contains

- > Niacinamide to soothe
- > Lipid replenishing complex strengthens skin barrier



Soap-free
Ph neutral
Fragrance-free
Paraben-free
Suitable for the whole family



Suitable for all skin types and Dermatologically tested on sensitive skin

2. REPAIR

Cicaplast Baume B5

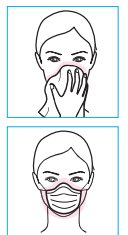
> Restorative multi-repairing balm for areas of weakened or irritated skin on the face and body

Contains

- > Panthenol to soothe
- > Madecassoside to repair
- > Dimethicone for added barrier protection



Fragrance free
Paraben free
Suitable for the whole family



Suitable for all skin types including sensitive skin

3. PROTECT

Cicaplast Mains

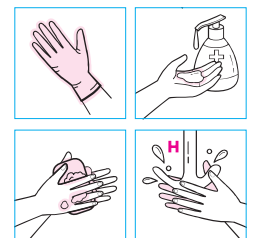
> Moisturising hand cream supports skin exposed to frequent hand-washing

Contains

- > Niacinamide to soothe
- > Shea butter and glycerine to hydrate



Fragrance free
Home and professional use



Suitable for all skin types including sensitive skin

1. Australian Government Department of Health (2020). *Flu (influenza)*. [online] Available at: <https://www.health.gov.au/health-topics/flu-influenza> 2. [www1.health.gov.au \(2020\). Department of Health | The flu and you brochure](https://www1.health.gov.au/internet/main/publishing.nsf/Content/the-flu-and-you-brochure). [online] Available at: <https://www1.health.gov.au/internet/main/publishing.nsf/Content/the-flu-and-you-brochure> 3. [Cdc.gov \(2020\). Key Facts About Influenza \(Flu\) | CDC](https://www.cdc.gov/flu/about/keyfacts.htm). [online] Available at: <https://www.cdc.gov/flu/about/keyfacts.htm> 4. [Hha.org.au \(2020\). Hand Care Issues](https://www.hha.org.au). [online] Available at: <https://www.hha.org.au/hand-hygiene/what-is-hand-hygiene/hand-care-issues> 5. [World Health Organization \(2020\). WHO guidelines on hand hygiene in health care](https://www.who.int/infection-prevention/publications/hand-hygiene-2009/en/). [online] Available at: <https://www.who.int/infection-prevention/publications/hand-hygiene-2009/en/> [All websites listed were accessed 24 Feb. 2020].