



GET THE FACTS

Talk with your doctor before starting a new medication to understand whether it has any skin side effects.



WATCH THE CLOCK

Restrict time in the shower or bathtub to less than five minutes.



CHECK THE WEATHER

Use a humidifier in the winter and air conditioning in the summer.



ACT FAST

Apply moisturizers immediately following bathing.



KEEP IT COOL

Shower/bathe in cool or lukewarm water.



APPLY YOURSELF

Use moisturizers or creams regularly.



DRINK TO YOUR HEALTH

Your skin needs water to stay hydrated, so drink at least half a gallon of water a day.



KEEP IT SIMPLE

Avoid traditional bar soaps as these can dry out your skin.

TOP TIPS FOR MAINTAINING MOISTURIZED SKIN

