

# Hand Hygiene Among Health Care Workers During COVID-19 Pandemic: Challenges and Recommendations

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### Abstract:

In-hospital transmission is one of the main routes of the 2019 novel coronavirus (SARS-CoV-2) spreading among health care workers (HCWs) who are the frontline fighters. However, coming into contact with COVID-19-positive patients is unavoidable. Therefore, hand hygiene is of utmost importance for the prevention of COVID-19 among HCWs. This purpose can be achieved by applying alcohol-based hand rubs, washing hands properly with soap and water, and applying other antiseptic agents. Nevertheless, regular hand hygiene could also be challenging, because water, detergents, and disinfectants may predispose HCWs to hand dermatitis. The current article reviews the risk factors for the development of hand dermatitis, with further focus on the most common agents used among HCWs. In addition, the risk of occupational hand dermatitis for each agent is evaluated to increase awareness of this common condition. Finally, some recommendations are discussed to reduce the effect of hand dermatitis on HCWs.

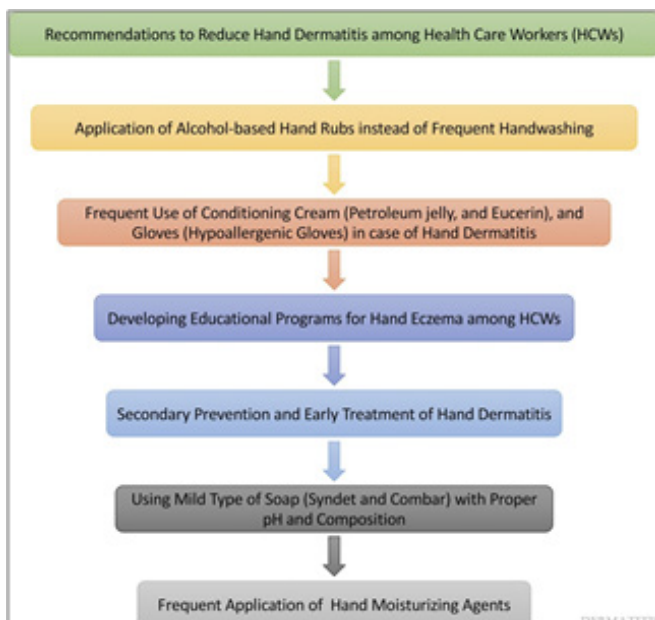


### Biography:

Sahar Dadkhahfar is a board certified dermatologist and assistant professor in Iran . She has training and experience in all aspects of dermatology, cosmetic dermatology, laser and dermatologic surgery.

Dr. Dadkhahfar has completed her medical school and internship at Tehran university of medical sciences. She then completed her Dermatology residency at Shahid Beheshti university of medical sciences was also the Chief Resident. She ranked first in Iran national board exam of dermatology.

Dr. Dadkhahfar has publications in many prestigious journals such as the journal American Academy of Dermatology, Journal of European Academy of Dermatology and Cosmetic Dermatology. During the COVID-19 pandemic she has contributed to several articles on this issue.



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