

Take Care of Your Skin!

1 **Keep your skin clean.** Wash your hands or use an alcohol-based hand cleaner regularly.

2 **Limit baths or showers to 5 minutes with soap and cool water** once daily or every other day. Always use a clean towel and avoid sharing towels with others.

3 **Moisturize skin** with simple ointments such as Vaseline®, Aquaphor®, or Eucerin®. Fragrances, colors, and preservatives may irritate your skin.

4 **Keep areas that are prone to dampness** (such as the groin area, armpits, and feet) **clean and dry** to prevent fungal and bacterial infections. Use powders such as Zeasorb®, Gold Bond® and talcum powder.

5 **Avoid contact with toxic plants** such as poison ivy or poison oak, nickel objects, fragrances, and rubber or elastic. All of these things can irritate the skin or cause allergic reactions.

6 **Always protect your skin from the sun**, even in the winter. Seek shade, especially between 1000 and 1600 hours and use clothing and a hat to cover your skin. Wear sunscreen with an SPF of 30 or higher and both UVA and UVB protection.

7 **Use the DoD Insect Repellent System** to prevent insect bites.

Please note that Flame-Resistant Army Combat Uniforms (FRACUs) and NOMEX flight suits cannot be treated by Soldiers with permethrin.



Permethrin on Uniform*



DEET on Exposed Skin



Properly Worn Uniform

Maximum Protection

*Got questions?
Contact your health care provider.*

Use of specific trademark names does not constitute endorsement of the listed products by the U.S. Army.