Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

**TRY THIS**

**Try gentle products.** Use mild soaps, lotions, and creams.

**Protect your skin from the sun.** Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it’s okay to use sunscreen.

**Avoid hot water.** Shower in lukewarm water and avoid baths.

**Wear gloves.** Cover your hands when you wash the dishes, clean the house, or work in the garden.

**CHECK THIS OUT**

**Visit** the Springboard page on Skin and Nail Changes. [https://smokefree.gov/springboard/symptoms/skin-and-nail-changes](https://smokefree.gov/springboard/symptoms/skin-and-nail-changes)

**Listen** to what you can do about mild skin changes during radiation therapy. [http://go.usa.gov/xxJHj](http://go.usa.gov/xxJHj)

**Learn** what you can do to manage this and other side effects of cancer treatment. [http://goo.gl/y5jRG6](http://goo.gl/y5jRG6)