

## **“COVID TOES” & OTHER SKIN CHANGES OF COVID-19**

There have been many reports that the COVID-19 virus can have effects on the skin. The first official reports came out of Italy and were published in March 2020 that about 20% of patients with COVID-19 were experiencing skin issues.

The skin changes related to COVID-19 can look many different ways, and we are learning more about this almost on a daily basis.

There have been reports of the following skin changes with COVID-19:

- “Covid toes” (or covid hands) – similar to the type of cold related changes we have seen in the feet of people for many years, but often occurring in places where the conditions are not cold and damp. These seem to happen more commonly in younger patients.
- Rash with or without small blisters
- Widespread hives (urticaria)
- Small bruises and broken blood vessels (petechiae)

Although these skin findings are not currently listed as symptoms to look out for that should make you consider getting tested for COVID-19, you may want to add them to your list of things to look out for.

As time goes on, we will likely have more information about why these skin changes happen with COVID-19 and when in the timing of exposure to the virus do they seem to occur.