Wash your face gently (don’t scrub!) in the morning and at night with warm water and a mild facial cleanser to help prevent acne.

Avoid hot water, harsh soaps, and perfumes if you have atopic dermatitis—a condition that leaves skin dry, itchy, and scaly.

Protect your skin from the sun by always putting on sunscreen with a sun protection factor (SPF) of 30 or higher.

Visit your doctor on a regular basis to help keep your skin healthy.