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COVID-19 Skin Rashes

COVID-19 is a very unique infection. It has eluded many medical professionals and spread to all parts of the globe at an incredible rate. This in part is due to the highly infectious nature of the disease and its varied presentation. We often hear about the common presentation of fever, cough, and shortness of breath but many are positive without showing any symptoms at all. The virus can present in various ways and recently there have been reports of unique skin presentations of COVID-19.

We are seeing reports of patients testing positive for the virus presenting with a 'lacy' rash that dermatologists call livedo or livedoid. It looks like a pink net or pink lace and is commonly found on the arms and legs.



Livedoid Rash - Courtesy of Dr. Randy Jacobs

The other COVID-19 skin finding we are starting to see is purpura of the toes, especially in younger patients. This looks like a bruise or purple toes that could ulcerate.



Purpura of the toes - Courtesy of Drs. Francesca Baisi and Laura D'Aloisio

Be aware that these rashes can be found in other conditions as well and are not strictly associated with COVID-19.

So when should you be worried? Reach out to your dermatologist if you develop a new rash or unexplained bruising on the toes. Galt Dermatology is offering tele-dermatology appointments at galtdermatology.com

The number of people claiming to be an expert in COVID-19 is alarming. Since when do politicians with no medical background become health experts?

Isn't practicing medicine without a license a felony? In any case, my point is that when it comes to medical issues, listen to the medical professionals. This novel disease is challenging and to overcome it we need to practice evidence-based medicine. Having a "good feeling" about something working as a potential cure is not

going to cut it here.

Please send your dermatology or skincare questions to timeforyourskin@galtdermatology.com for more in-depth discussions on future columns.

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