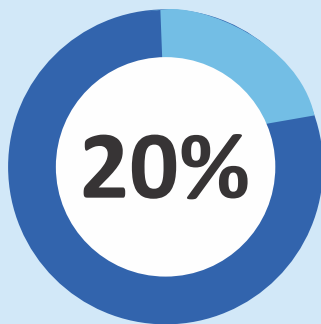




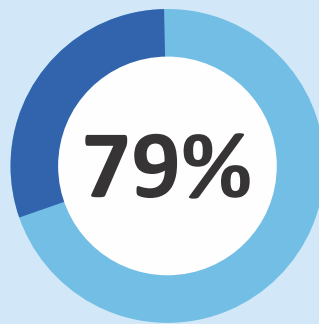
# Is COVID-19 causing Hair Loss ?

## Is COVID-19 pandemic resulting in hair loss?<sup>1-3</sup>

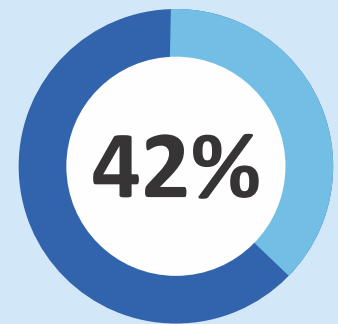
Yes, COVID-19 pandemic can lead to hair loss. Many people notice hair shedding 2-3 months after having a fever or illness.<sup>1,2</sup>



Of COVID-19 survivors experienced hair loss<sup>1</sup>



Of hospitalized men with COVID-19 had androgenetic alopecia<sup>3</sup>



Of women hospitalized with COVID-19 had androgenetic alopecia<sup>3</sup>

## What are the risk factors associated with COVID-19 related hair loss?<sup>4</sup>



**Nutrition deficiency**  
(Iron, biotin and Vitamin D )



**Stress related to**  
COVID-19 pandemic

## How long does hair loss last?<sup>2</sup>

The hair shedding can last for 6-9 months before it stops. However, most people noticed their hair start to look normal again.<sup>2</sup>



## How can you prevent COVID-19 stress and regain your hair?<sup>5,6,7</sup>



Try to reduce stress by doing yoga or meditation



Take rest and sleep well



Take a daily multivitamin



Eat a well-balanced diet with adequate protein



Add more biotin, iron and Vitamin D to your diet

## Practical tips and suggestions for routine hair care practice<sup>7</sup>

We are exposed to the risk of acquiring and transmitting corona virus.

Apart from all the COVID-19 safety measures, we should practice following hair care hygiene:



Wash your hair with a mild shampoo and conditioner



Avoid the use of hair oil, hair gels and other styling products (hair colors, hair straightening agents)



Do not share your comb with others



Don't touch, twist or pull your hairs

COVID: Coronavirus Disease 2019

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This communication is intended for public awareness purpose only and does not substitute advice of a medical practitioner. Please consult your doctor for any medical advice



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