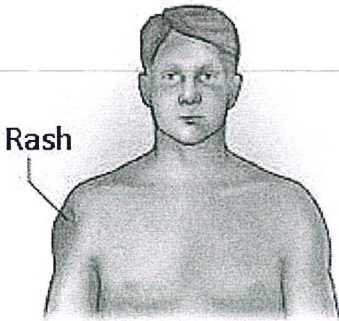


# Rash

A rash is a change in the color of the skin. A rash can also change the way your skin feels. There are many different conditions and factors that can cause a rash.



## HOME CARE

Pay attention to any changes in your symptoms. Follow these instructions to help with your condition:

### Medicine

Take or apply over-the-counter and prescription medicines only as told by your doctor. These may include:

- Corticosteroid cream.
- Anti-itch lotions.
- Oral antihistamines.

### Skin Care

- Put cool compresses on the affected areas.
- Try taking a bath with:
  - Epsom salts. Follow the instructions on the packaging. You can get these at your local pharmacy or grocery store.
  - Baking soda. Pour a small amount into the bath as told by your doctor.
  - Colloidal oatmeal. Follow the instructions on the packaging. You can get this at your local pharmacy or grocery store.
- Try putting baking soda paste onto your skin. Stir water into baking soda until it gets like a paste.
- **Do not** scratch or rub your skin.
- Avoid covering the rash. Make sure the rash is exposed to air as much as possible.

### General Instructions

- Avoid hot showers or baths, which can make itching worse. A cold shower may help.
- Avoid scented soaps, detergents, and perfumes. Use gentle soaps, detergents, perfumes, and other cosmetic products.
- Avoid anything that causes your rash. Keep a journal to help track what causes your rash. Write down:
  - What you eat.

- What cosmetic products you use.
- What you drink.
- What you wear. This includes jewelry.
- Keep all follow-up visits as told by your doctor. This is important.

## **GET HELP IF:**

- You sweat at night.
- You lose weight.
- You pee (*urinate*) more than normal.
- You feel weak.
- You throw up (*vomit*).
- Your skin or the whites of your eyes look yellow (*jaundice*).
- Your skin:
  - Tingles.
  - Is numb.
- Your rash:
  - Does not go away after a few days.
  - Gets worse.
- You are:
  - More thirsty than normal.
  - More tired than normal.
- You have:
  - New symptoms.
  - Pain in your belly (*abdomen*).
  - A fever.
  - Watery poop (*diarrhea*).

## **GET HELP RIGHT AWAY IF:**

- Your rash covers all or most of your body. The rash may or may not be painful.
- You have blisters that:
  - Are on top of the rash.
  - Grow larger.
  - Grow together.
  - Are painful.
  - Are inside your nose or mouth.
- You have a rash that:
  - Looks like purple pinprick-sized spots all over your body.
  - Has a "bull's eye" or looks like a target.
  - Is red and painful, causes your skin to peel, and is not from being in the sun too long.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.