

# DERMATITIS NOS

## What is it?

- **Dermatitis NOS** – contact dermatitis or irritant dermatitis; this is a skin reaction from exposure to allergens or irritants, a rash or irritation of the skin caused by contact with a foreign substance
  - **Phototoxic Dermatitis**- when the allergen or irritant is activated by sunlight
- **Skin**-
  - **Epidermis**- the outermost layer of skin
  - **Dermis**- the layer beneath the epidermis



## Signs and Symptoms:

- **Symptoms**- large, burning, itchy rashes taking several days to weeks to heal' red rash, blisters, wheals, hives, more painful than itching

## Recommendations:

- **Self-Care at Home**- cold moist compress, lemon juice and vinegar solution, calamine lotion, cool colloidal oatmeal (apply for 30 minutes 3 times per day), antihistamines, hydrocortisone cream, barrier cream containing zinc oxide



## Facts:

- **Causes**- poison oak, poison ivy, poison sumac, Western poison oak, highly alkaline soaps, detergents, cleaning products, latex, kerosens, drain cleaners, strong soaps with lye residues, nickel, gold, fragrances, cobalt, topical steroid, rosin, bacitracin, formaldehyde, cosmetic products, insecticides, antiseptics, soaps, perfumes, dental products, plants as buttercup, daisy, spurge and their sap



## What can I do?

- **See your Health Care Provider**- for allergy testing, barrier creams, medications
- **See a Registered Dietitian**- plants that cause an allergic reaction in many individuals especially with food preparation- butternut squash and acorn squash; suggest to wear latex gloves when peeling due to resulting in orange and cracked skin with a tightness, rawness or roughness

