

Pityriasis Rosea

What is it?

- **Pityriasis Rosea** –is a common skin rash in young adults; begins as 1 large spot on the chest, back or abdomen and spreads, sweeps out from the middle of your body resembling drooping pine-tree branches



Signs and Symptoms:

- **Symptoms**- mild to severe itching, skin rash or lesions, centers have wrinkled appearance, 50% have upper respiratory infection with a stuffed nose, cough or congestion, sore throat all before the herald patch appears
 - **Initial Phase**- begins with a large, slightly raised, scaly patch on the back, abdomen or chest area, called the herald patch
 - **Progression**- with smaller, fine, scaly spots across the chest, abdomen or back in the pine-tree branch pattern, may appears on the face, arms and legs, may itch
 - **Color**- scaly and pink and if darker skin may be gray, dark brown or black in color



Facts:

- **More Common**- in the spring and fall, usually goes away on its own in 6 to 8 weeks,
- **Causes**- unknown, may be a viral infection as human herpes virus believed to be contagious
- **Complications**- severe itching if overheated, if dark skin it may leave long-lasting flat, brown spots after the rash is healed

What can I do?

- **See your Health Care Provider**- to do a physical exam to inspect the spots, blood tests or a skin biopsy to rule out ringworm, eczema, syphilis and psoriasis
 - **Need Treatment**- if a rash on your face, arms or legs; across the back, chest or abdomen, a large scaly patch on your back, chest or abdomen or if the rash does not go away in 3 months

