# Rashes

#### What is it?

- Rash- dermatitis, irritation, inflammation of the skin
- Poison Ivy/Oak- itchy, red, blistered, spreads

#### Signs and Symptoms:

- <u>Common Areas</u>- forearms, neck, face, top of the feet, genitals, eyelids, any areas that come in contact with the poison
- Inflammation Lessens- scaling, temporary thick skin; quit scratching areas to prevent more infection

## Facts:

- <u>Caused by</u>- illness, emotional stress, food allergies, drug allergies, heat, tick, soaps, detergents, cosmetics, perfumes, shampoos, latex gloves, rubber,
  - dyes, ragweed, pollen, insecticide
  - Tick- see Lyme Disease
- <u>Oil on Leaves</u>- cause the itchy, red, rash with blisters or hives
- <u>Soap</u>- often irritating
- <u>Cold, Wet Compresses</u>- reduce itching, repeat, may want to add baby powder
  - **Calamine Lotion** pink lotion help to dry the poison, some people have an allergy to the lotion, use it on a small area to begin with

### What can I do?

- <u>See your Health Care Provider</u>- if fever, suspect a drug reaction, joint pain, sore throat along with the rash
- See a Registered Dietitian or a FFF RD online- for help as needed
- <u>Wash Skin</u>- rubbing alcohol for 15 to 20 minutes, this helps get the oil off the skin, wash clothing or anything that had contact with the poison
- Avoid- heat, sun, lotions
- <u>Temporary Itching Relief</u>- hydrocortisone cream





