

# Erythema Multiforme

## What is it?



- **Erythema Multiforme on the Hands** – lesions are circular and may appear in concentric rings, also called target lesions, may be associated with infections or medications; cold sores (herpes simplex on the lips) is often associated with this condition, streptococcal infection, tuberculosis (TB), or a reaction to medications or chemicals
- **Erythema Multiforme** – can appear on a person's back where blisters have ruptured and the overlying skin removed; lesions are yellow-crusting ulcers, may be associated with herpes simplex infection, mycoplasma pneumonia, or other medical conditions as streptococcal infection, tuberculosis (TB), or a result from the exposure to medications or chemicals

## Signs and Symptoms:

- **Symptoms**- redness, scaling, circular lesions, fever, general ill feeling, itching of the skin, joint aches, multiple skin lesions, bloodshot eyes, eye pain, dry eyes, eye itching, eye burning, eye discharge, mouth sores, vision abnormalities



## Facts:

- **Good Hygiene**- washing hands often; after touching face, hair, going to the bathroom, after touching anything
- **Good Hand Washing**- wash hands with soap and water for 30 seconds and dry with a disposable towel, open doors with towel and discard after finished using

## What can I do?

- **See your Health Care Provider**- skin lesion biopsy, controlling the illness that causes the condition, preventing infection, treating the symptoms
  - **Treatment for Mild Symptoms**- antihistamines to control itching, moist compresses to the skin, medications to reduce the discomfort and fever
  - **Treatment for Severe Infection**- antibiotics, corticosteroids to control inflammation, hospitalization with IV fluids
- **See a Registered Dietitian**- drink buttermilk or eat yogurt if mouth lesions

