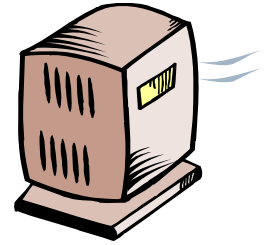


Rashes

What is it?

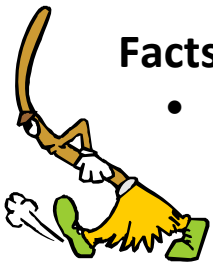
- **Rash**- dermatitis, irritation, inflammation of the skin
- **Poison Ivy/Oak**- itchy, red, blistered, spreads



Signs and Symptoms:

- **Common Areas**- 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:



- **Caused by**- 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
- **Oil on Leaves**- cause the itchy, red, rash with blisters or hives
- **Soap**- often irritating
- **Cold, Wet Compresses**- 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?

- **See your Health Care Provider**- 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
- **Wash Skin**- 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
- **Temporary Itching Relief**- hydrocortisone cream

