



# RASH (ITCHY)

Itchy and red, spotty, blotchy, bumpy, scaly, rough or blistered skin

## CAUSES

### CONTACT DERMATITIS

Contact dermatitis is a mild condition that fades quickly once allergens that have come in contact with a person's skin are removed. Allergens include jewelry, detergent, perfume, cosmetics, poison ivy, rubber, dyes and preservatives.

#### Symptoms:

- Red, swollen skin
- Blisters may form and break, leaving crusts and scales
- Darkening and cracking of the skin

#### DO:

- Try to identify which allergens triggered the rash and eliminate it from your living or work area.
- If skin has been exposed to poison ivy, wash it with soap and slightly cold water immediately. Remove and wash clothing that have been exposed. After washing skin, a loose, cold compress and a dab of calamine lotion should make the symptoms disappear.
- Substitute products that you are allergic to with those more suited for your skin type.



*Protect your skin by using mild baby products that are non-allergenic.*

### ECZEMA

Eczema is a disorder of the skin wherein a small area becomes swollen and itchy. Bumps, blisters, cracks and scales may appear. The area may also become discolored due to constant scratching. Eczema may be caused by allergens, irritants or exposure to sunlight.

#### Symptoms:

- A small, red, swollen area on a person's skin. This becomes itchy and may develop blisters when scratched.
- Pain and discomfort accompany the itch and blisters. If not treated accordingly, eczema may develop into a secondary bacterial infection.

#### DO:

- Apply over-the-counter ointment on the affected area and cover with a thin layer of gauze to prevent from scratching.
- To prevent area from becoming dry, a mild moisturizer, cream or lotion such as aloe vera cream applied thinly around the eczema will help. Calamine lotion will decrease itchiness.
- Bathe with a water-soluble cleanser or oatmeal baths instead of soap.

#### DON'T:

- Do not scratch the eczema since it can develop into a bacterial infection.



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#### PITYRIASIS ROSEA

The cause of this type of rash is still undetermined but pityriasis rosea typically lasts for about six weeks. A viral infection is suspected in setting off this rash. It is, however, not contagious and not related to food, medicine or stress. Teenagers and young adults are more likely to be affected by this type of rash.

#### Symptoms:

- A single patch called the Herald Patch appears one to 20 days before the general rash makes an appearance. During the course of a few days, smaller versions of the mother patch appear usually at the trunk but may spread to the thighs, neck and upper arms. When healed, it leaves no scars. However, lightly discolored marks are left on the skin of dark-skinned people.

#### DO:

- Use a steroid cream or ointment to reduce itching. This cream, however, does not speed up the clearance of the rash. The rash will run its course.
- Use moisturizers.

#### DON'T:

- Do not bathe with soap as the rash will react. Showering with water and bath oil or any other soap substitute is advisable.

#### OTHER CAUSES

Fungal infections or heat rash may be other causes of an itchy rash.

## RASH (NON-ITCHY)

Red, spotty, blotchy, bumpy, scaly, rough or blistered skin

#### PSORIASIS

Psoriasis is characterized by thick, red patches of dry skin. These red patches are caused by the excessive growth and shedding of skin cells.

Typically, it takes about 30 days for skin to mature and then shed from the body. In psoriasis, the skin cells mature in as fast as four days. The hyper growth's cause is still unknown although genetic heritage is linked to this condition.

Psoriasis is not contagious but those afflicted feel embarrassment because the red patches are unsightly to others.

#### Symptoms:

- Red patches covered with white, silvery scales that appear on the elbows, eyes, hands, knees, nails, scalp and trunk
- Abnormal appearance of nails, either pitted, cracked, deformed or loose
- Dandruff-like particles from scalp in severe cases.

#### DO:

- Changing diet is often helpful in fighting psoriasis. Avoid consumption of red meat, high-fat foods, and excessive alcohol as this can trigger a bout with psoriasis.
- Change lifestyle to counter stress and infections,
- Apply petroleum jelly to the affected areas of the skin to help moisturize the patches.

#### DON'T:

- Don't drink alcohol.