

Tips for Managing Rash

Things you can do on your own



- Take care of your skin
- Use mild, unscented soaps like Ivory or Dove
- Wear sunscreen, a hat, and other protective clothing anytime you go outside
- Take baths or showers with lukewarm (not hot) water
- Try applying cool, moist cloths instead of scratching
- Keep your nails trimmed and clean to avoid injury when scratching
- Try Sarna lotion, which is available over-the-counter
- Keep your skin well moisturized
- Make sure you use clean bed linens, towels, and clothes
- Take a picture of your rash with a smartphone, and send or show it to your care team

See the Other Resources page for more information

When to call your care team for help



- If your rash comes on suddenly
- If a rash is spreading over more than half your body
- If your rash is painful
- If you develop blisters or open sores on your body that become painful or appear infected
- If you develop a fever over 100.5°F (38°C)

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