

Skin Rash

What is a skin rash?

A skin rash is a visible change in the color and texture of the skin. The location, appearance, pattern and color of the rash are important. How it began and associated symptoms such as itching or fever will help your health care provider determine the cause and treatment.

What causes a skin rash?

This is a hard question to answer because there can be many causes of skin rashes. Some common causes of rashes include allergic reaction to a number of factors ranging from metals, insects, chemicals, plants and medications. Rashes from infectious diseases such as measles and chickenpox are normally associated with a fever. Other skin conditions may result from overexposure to the sun. The most common type of skin rash is the red, itching skin, which appear on the hands, arms, feet, or legs. There is a noticeable change in the color and/or texture of skin as compared to the surrounding normal skin. This is known as Dermatitis and literally means inflammation of the skin.

Call your provider immediately if:

- You have a rash that has purple or blood-colored spots or dots and is associated with a fever and illness.
- You have localized areas of skin that is red, painful and warm.

How long will a rash last?

This will depend on the underlying cause or diagnosis.

How can I take care of myself?

Follow the instructions the health care provider gives you. In addition:

- Keep skin clean and dry.
- Avoid excessive exposure to the sun.
- Avoid contact with substances that have caused you problems in the past.
- Avoid very hot baths and showers.
- Apply moisturizing lotions.
- During cold, dry months, keep your home more humid.
- Drink at least three 8 oz. Glasses of water per day.

If your problem persists, see a dermatologist (skin doctor).