

RASHES

A rash is any irritation or inflammation of the skin. Rashes can be caused by illness, allergy, heat, and sometimes-emotional stress.

When you first get a rash ask yourself the following questions to help determine its cause.

Did a localized rash occur following contact with anything new that could have irritated your skin? (Soaps, detergents, shampoos, perfumes, cosmetics, or lotions; jewelry or fabrics, new tools, appliances, latex products, cleaning agents, detergents or other objects can be the cause) Has your roommate tried any new products? The location of the rash is often a clue to its cause.

Could you be allergic to a new food or drink?

Are you taking any new medications, either prescription or over-the-counter?

PERSONAL INSTRUCTIONS

After hours & Weekends:

Ask - A - Nurse

Free health care information & physician referral – 24 hours a day

Call 594-2000

Ask for Ask – A - Nurse

Rashes



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Hives

Hives are an allergic reaction of the skin. Hives are raised, red, itchy patches of the skin (wheals or welts) that may appear and disappear at random. They vary in size, and can last for a few minutes or as long as a few days. Avoid foods, medications, cosmetics, plants, insects, and animals that cause you to break out into hives. A rapid change in temperature can also precipitate hives.

Prevention & Treatment

1. Continue to avoid the substance that causes hives.
2. Reduce stress in your life.
3. Cool water compresses will help relieve itching. Aveeno oatmeal baths may help.
4. An oral antihistamine (Bennadryl, chlor-trimeton) may help treat the hives and relieve itching. Once the hives have disappeared decrease the dose of the medication slowly over 5 to 7 days. A topical cream such as Bennadryl can relieve itching temporarily. Do not use oral Benadryl & topical at the same time. Hydro-cortisone cream may be used sparingly.

Fungal Infections

Fungal infections of the skin most commonly affect the feet, groin, scalp, or nails. Fungi grow best in warm, moist areas of the skin. If infection occurs in an area where hair grows, such as the scalp, hair loss may occur. Symptoms include intense itching, cracks, blistering, redness, and scaling.

Types of fungal infections include:

- Athlete's foot
- Jock itch
- Ringworm
- Nail infections

***Do not use hydrocortisone cream on fungal infections.**

Anti-fungal treatments available include:

Micatin, Tinactin, and Lotrimin AF.

CALL A DOCTOR WHEN:

- If you itch all over your body and you do not have a rash or other obvious cause for itching.
- If itching is so bad that you cannot sleep and home treatment methods are not helping.
- If the skin is broken due to scratching.
- Increased pain, swelling or tenderness. Red streaks extending from the area. Discharge appears on the rash.
- Fever of 100° or higher with no other cause.
- If you have any difficulty swallowing and /or breathing.
- If you notice any constriction in your throat