



# BEAT THE HEAT

Frequently Asked Questions

## Heat rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children.

**Symptoms:** Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

### How to manage it:

- **Maintain a cool skin environment to prevent further sweating and aggravation of the rash:**
  - Opt for loose-fitting cotton garments.
  - Choose light bedding.
  - Take cool baths or showers
  - Drink ample fluids to stay hydrated.
- **To alleviate itching or prickliness:**
  - Apply a cold compress, like a chilled cloth or ice pack enveloped in a towel, for a maximum of 20 minutes at a time.
  - Gently tap or pat the rash rather than scratching.
  - Avoid scented bath products and lotions.
- **Medical assistance for heat rash:**
  - Consult with your family doctor or pharmacist regarding heat rash for advice and appropriate treatment options.



Figure 2: Heat Rash