

Heat Rash

Overview:

Heat rash can affect both children and adults, especially in summer during hot and humid weather.

Heat rash develops when blocked pores (sweat ducts) trap perspiration under your skin. Symptoms range from superficial to deep blisters. Some forms of heat rash feel intensely itchy. Heat rash usually clears on its own. Severe forms of the condition may need medical care.

However, the best way to relieve the symptoms is by taking care of your skin and reducing sweating. It is advisable to follow these guidelines to help protect yourself or your child from heat rashes:

- Wear soft, loose-fitting cotton clothing with light colors to reflect sunlight.
- Avoid clothes that can irritate the skin.
- When it's hot, stay in the shade or in an air-conditioned building or use a fan to circulate the air.
- Keep your sleeping area cool and well-ventilated.
- Take cold showers with unscented soap that does not contain any artificial coloring.
- Avoid using creams or ointments, as they do not prevent heat rashes and they may block your pores.
- Apply calamine lotion or cold compresses to soothe itchy skin.
- Heat rash usually goes away on its own within seven to ten days, provided you keep your skin cool and dry.

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For further questions kindly contact us via email:

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