

## I Got You Under My Skin

A simple guide to troubleshooting RASHES

Right off the bat, CALL YOUR DOCTOR! Rashes can change in a matter of hours. A rash is a reaction by your body to something that is irritating it, the hard part is to identify what set it off. A rash can start immediately with contact with the offending substance, or take a few days to truly pronounce itself.

This is a quick worksheet to provide you doctor with a checklist of what it could be.

New clothes	New perfume/cologne	New car
Change in soap/shampoo	Different detergent(Tide worst)	New pets
Recent travel/hotel stay	New restaurant/foods	New job
New carpet/paint/construction	Diet changes	Vitamins or supplements
New medications	Recent move	New skin care products/makeup
Recent steroid use	ICU stay	Outpatient procedure
History of Sexual Disease	New personal Hygiene Products	Trauma/accident/fall
Hiking trip	New jewelry	Vaccinations
Exercise changes	Recent viral illness	New life stressors
Recent hospitalization	Wrestler or gymnast	Time in prison
Woodworker/metal grinding	Chemist	Teacher/daycare worker
Recent gardening	New people/visitors/partner	Temperature exposure

### What to Do?

Sometimes you cannot trace it back, so let it go and focus on getting better. Here are some basic tips to help you:

No perfume, No fabric softeners, Use Dye-Free and Fragrance-Free detergent, Use Ivory Soap(no additives), stop any new vitamins/supplements, if a new medication>>CALL YOU DOCTOR. Put new pets away from you, or if an old pet, get them shampooed. They could have rolled in soething. Wash anything that touches your skin in HOT water. Vacuum 2 times a day. Change furnace filters and humidifier filters. Call you doctor and get an appontment, rashes are too varied and

**CANNOT BE DIAGNOSED OVER THE PHONE!!!**