

Tips for Managing Rash



Things you can do on your own

- Use mild, unscented soaps like Ivory or Dove.
- Wear sunscreen, a hat, and other protective clothing anytime you go outside.
- Take baths or showers with lukewarm (not hot) water.
- Try applying cool, moist cloths instead of scratching.
- Keep your nails trimmed and clean to avoid injury when scratching.
- Try Sarna lotion, which is available over the counter.
- Keep your skin well moisturized.
- Make sure you use clean bed linens, towels, and clothes.
- Take a picture of your rash with a smartphone and send or show it to your care team.



When to call your care team for help

- If your rash comes on quickly
- If a rash is spreading over more than half of your body
- If your rash is painful
- If you develop blisters or open sores on your body that become painful or appear infected
- If you develop a fever of 100.4°F (38°C) or higher



For more information and support, visit the American Cancer Society website at cancer.org/rash or call us at **1-800-227-2345**. We're here when you need us.