

# Skin Rash, Lesion or Insect Bite

Ascension  
Personalized Care

## What to know and when to get help

Skin rashes can have many causes. It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.



### Manage your symptoms by:

- Taking over-the-counter antihistamines
- Using 1% hydrocortisone cream, calamine lotion or a baking soda paste on the rash to manage itching
- Washing with mild soap and water only



### Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Sore throat
- Fever
- Skin develops increasing redness, swelling, tender to touch, drainage, or hot to touch
- No improvement with over-the-counter treatment for more than 48 hours
- Started new antibiotic or medicine before rash started



### Go to the ER or dial 911 if you have:

- Swelling of your face, tongue or lips
- Difficulty breathing or swallowing
- Red rash that peels off in sheets of skin

\*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.

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