**THE DO’s AND DONT’s of Rashes**

**DO** try an antihistamine like Benadryl® (diphenhydramine) or a generic version at night time if itching is keeping you from sleeping.

**DO** try an oatmeal bath product, such as AVEENO® (OR a generic version) Oilated Oatmeal to lukewarm water in the bathtub, and soak for a little while.

**DO** try a gentle body wash similar to Dove® (or generic version) in the shower.

**DO** try applying an over-the-counter 1% hydrocortisone cream/ointment twice a day (preferably after a bath or shower) for at least 4-5 days in a row.

**DO** try applying a good moisturizer (choose a cream, oil, or petrolatum-based product) to the rash. One good brand is Aquaphor® Advanced Therapy Healing Ointment.

**DO** visit your primary care physician or dermatologist. An accurate diagnosis is essential for effective rash treatment.

**DON’T** use rubbing alcohol on skin. It does not help healing, does not kill infectious bacteria; it stings, dries the skin and makes rashes like eczema worse.

**DON’T** use bar soap because it can dry skin.

**DON’T** clean open wounds with hydrogen peroxide or bleach. Irritation from these can impede healing.

**DON’T** use light lotions. They spread easily but do not provide much needed moisture compared to cream, oil, or petrolatum-based products.

**DON’T** use a triple-antibiotic ointment similar to NEOSPORIN®. It doesn’t kill the staph and strep that cause skin infections, and may cause an allergic contact dermatitis due to one of the ingredients.

**DON’T** put off seeing your primary physician or dermatologist for an accurate diagnosis.

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