

PUBLIC HEALTH FACT SHEET

No. 106

HEAT RASH

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- Heat rash, skin chafing and infections can occur more readily in the tropics.
- Your pharmacist can offer advice on a suitable treatment or will refer you to a doctor.

PRICKLY HEAT RASH

- Symptoms include: sensation of prickling, itching and sometimes even burning. Initially skin redness, pinhead sized spots and/or clear blisters, mainly in skin folds - under breasts, elbow, crotch area, limbs, around neck (if hair long).
- To ease the itch: wear cool, non-restrictive clothing (100% cotton, no nylon), do not use soap (try Pinetarsal as an alternative to soap- available from pharmacies), keep skin folds clean and dry, after showering put on clean, dry clothes, stay out of the sun, drink lots of water and try to stay cool.

FOR FURTHER INFORMATION

Business hours: Contact the Environmental Health hotline on 1800 095 646

After hours: Contact the Power and Water Corporation hotline on 1800 245 090