Heat Rash
(Miliaria)

Heat rash (*miliaria*) is a skin irritation caused by heavy sweating during hot, humid weather. It results from blockage of the sweat glands on our body. It can occur at any age. It is most common in young children whose sweat ducts are still developing or are not fully developed. Tight clothing may make the condition worse. Heat rash can look like small blisters (*vesicles*) that break open easily with bathing or minimal pressure. These blisters are found most commonly on the face, upper trunk of children and the trunk of adults. It can also look like a red cluster of red bumps or pimples (*pustules*). These usually itch and can also sometimes burn. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

HOME CARE INSTRUCTIONS

- The best treatment for heat rash is to provide a cooler, less humid environment where sweating is much decreased.
- Keep the affected area dry. Dusting powder (cornstarch powder, baby powder) may be used to increase comfort. Avoid using ointments or creams. They keep the skin warm and moist and may make the condition worse.
- Treating heat rash is simple and usually does not require medical assistance.

SEEK MEDICAL CARE IF:

- There is any evidence of infection such as fever, redness, swelling.
- There is discomfort such as pain.
- The skin lesions do no resolve with cooler, dryer environment.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 12/06/2010
ExitCare® Patient Information ©2011 ExitCare, LLC.