

Skin rashes

in adults

Most types of skin rashes in adults are not dangerous. The following symptoms are common in adults, but usually go away on their own:

You have dry, cracked or irritated skin

Itching is usually not a sign of anything serious and usually goes away on its own within two weeks.

What can you do yourself with itchy skin?

- Instead of scratching, tap on the itchy skin area.
- Hold something cool on the affected area.
- Use moisturisers (without perfume).
- Hot water is not good for itchy skin! Take a short shower with cool or lukewarm water.
- Keep your nails clean, short and smooth.
- Wear loose cotton clothing.
- Do not eat spicy foods and avoid alcohol and caffeine.



When to seek medical advice?

Contact your family doctor if the itching:

- lasts longer than two weeks.
- is caused by a new rash or swelling.
- spreads over the whole body.
- affects your daily life.

You have small blisters on your lip or around your mouth:

This can be **lip herpes**. This often starts with a tingling, itchy or burning sensation before the lip swells and blisters form. When lip herpes heals, scabs can form. Usually lip herpes goes away on its own after one to two weeks. A visit to the doctor is normally not required. Despite the risk of infection, you do not need a sick note.

What can you do yourself with lip herpes?

- Ask your pharmacy about virus-inhibiting medicines (antiviral substances).
- Do not touch your wound.
- Eat cool, soft foods and avoid acidic or salty foods.
- Make sure that new-borns do not come into contact with herpes viruses until they are eight weeks old.



When to seek medical advice?

Contact your family doctor in the following cases:

- You are pregnant.
- The lip herpes has not started to heal within 10 days.
- The blisters are spreading widely or are painful.
- You have a weakened immune system (e.g. from chemotherapy or diabetes).
- You have swollen, painful gums or a blister in your mouth.

Your family doctor's office has just closed?

It is usually sufficient to call during the next day's consultation hours.

Are you unsure? Call us at 1450, the health advice call centre.

More information can be found at www.wobinichrichtig.at.



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