



D.A.V. PUBLIC SCHOOL, SECTOR 48-49,
UPPAL'S SOUTHEND, GURGAON

HEALTH BULLETIN - August - 2016

FROM
THE DOCTOR'S DESK

Dear students,

During monsoon or rainy season, our body is prone to many infections like water borne diseases(**typhoid**), mosquito-borne diseases (**dengue**), eye infection(**conjunctivitis**) and skin disease(**boils & rashes**).

In this month's Health Bulletin we will learn about one of the common skin conditions (**prickly Heat**) which is observed during this warm, damp and humid climate. If this skin condition is recognised early and treated, we can prevent many of its complications.

➤ **Introduction**

Prickly heat also called as Heat rash or **Miliaria** occurs when skin's sweat glands get blocked. The sweat produced cannot get to the surface of the skin to evaporate; this causes inflammation resulting in rash.

➤ **Symptoms-**

- It is a rash made up of tiny spots or bumps that are surrounded by an area of red skin.
- These spots some time look as tiny blisters causing itching or pricking sensation.
- The symptoms may get worse in areas covered by clothing as they cause friction and also produce sweat.



➤

Prickly heat can develop anywhere on the body but it is commonly noticed on

- Face
- Neck
- Back
- Chest
- Skin creases.

➤ **Treatment-**

Prickly heat is not a serious condition but should be identified early to prevent further inflammation and secondary infection of the rash. Usually the rash disappears after few days. However; few measures could be taken to ease the symptoms-

1. Avoid further exposure to heat.
2. Drink plenty of fluids
3. Wear loose cotton clothing.
4. Don't rub the moist areas
5. Cool bath or cold compression.
6. Use Calamine lotion.
7. Some home remedies – Oat meal bath, aloe vera
8. Use prickly heat powders.

HYDRATE BODY

AVOID RASH

