

Summer HEAT RASHES

Heat Rash Season Is Here!

When temperatures soar, your skin can start to fight back, especially in the form of **heat rashes**. Also known as prickly heat, this common summer skin issue happens when sweat becomes trapped under the skin, clogging pores and causing irritation.

It can happen to anyone, but it's especially common in hot, humid weather, after workouts, or during extended sun exposure.

Common Symptoms of Heat Rash:

- Small red bumps or blisters
- Itchy, irritated, or "prickly" skin
- Burning or stinging sensation
- Discomfort in areas covered by tight clothing or where skin rubs together (neck, chest, back, underarms, thighs)



WHAT YOU CAN DO



- Wear light, breathable fabrics
- Stay cool and dry by using fans and take breaks from heat
- Rinse off sweat promptly and change damp clothing
- Avoid heavy lotions that block pores
- Use cold compresses or calamine lotion to ease skin irritation

Seek Medical Attention:

If the rash worsens, becomes painful, or you notice signs of infection like swelling or pus, don't wait. Your skin may need medical attention.

VISALIA
4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549

HANFORD
740 N. Irwin St.
Hanford, CA 93230
559.272.9551


HEALTHWISE
MEDICAL CLINIC
www.healthwise.clinic

PORTERVILLE
99 W Putnam Ave
Porterville, CA 93257
559.272.9544

DINUBA
561 N Alta Ave. Suite A,
Dinuba, CA 93618
559.725.8165