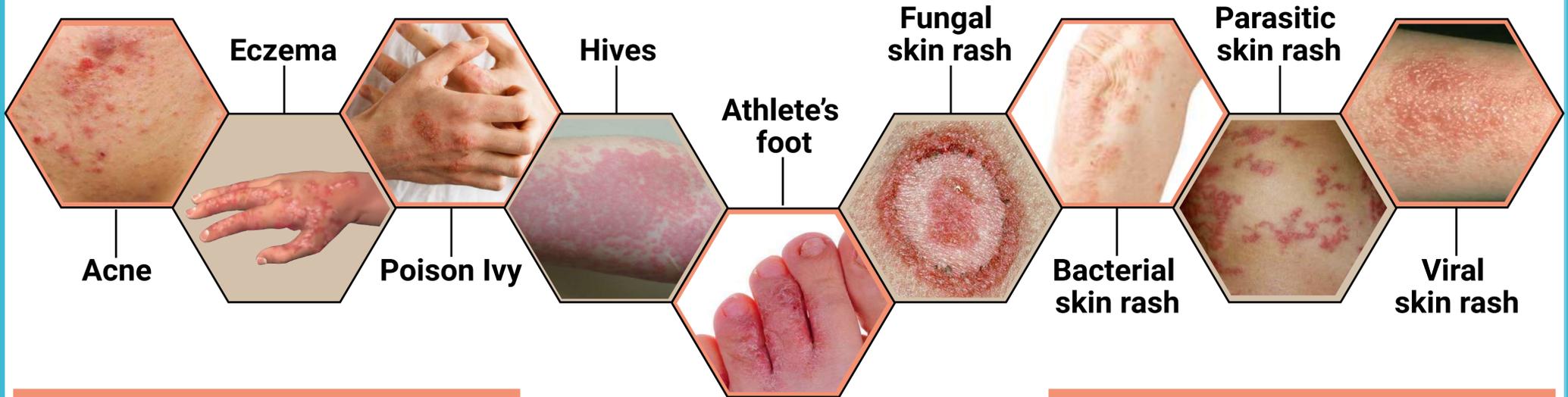
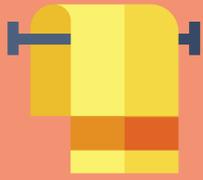


COMMON SKIN ISSUES



Don't share personal items

These include towels, clothing (especially underclothes), and personal toiletries; avoid direct contact with those who have a rash.



Wear clean, loose clothing

Wash your clothes daily and avoid wearing tight clothing or shoes. Choose breathable fabrics like cotton for clothes that touch your skin.

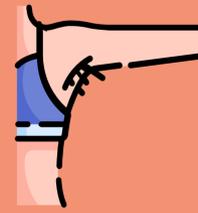


Tips to Prevent Skin Rashes



Clean rash-prone areas (armpits, groin etc.) properly

Clean sensitive areas everyday with soap and water. Pat them dry, don't rub the skin. Use a good moisturizer if you have dry skin.



Keep your nails short

Nails, especially toenails, should be cut straight across.



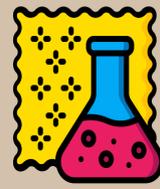
Wash your hands regularly

Bacteria and other microbes from surfaces can be transmitted to your body through your hands; keep them clean always.



Avoid irritants or products that have given you a reaction before

Possible irritants include hot water, fragranced skincare products, wool, synthetic cloths and fibres. Say NO TO STEROID BASED CREAMS / over the counter creams STRICTLY.



Stress can be a cause too

Certain rashes flare up when you are stressed. Managing stress will automatically help you manage your symptoms as well.



Do Not Self-diagnose & Treat

If you experience persistent in your skin issues , please reach out to us. Our DOC team is available for you 24X7 to help you address any concerns, however big or small.



Cold Compress

Place a cloth soaked in cold water (or with ice pieces in it) over your skin. Keep it until itching or pain subsides. Repeat as needed.



Coconut Oil

Virgin (unprocessed) or cold-pressed is best for its antimicrobial properties. It can be applied all over the body and scalp.



Wet Wrap Therapy

Wrap a damp gauze around the itchy area of skin. Cover it with a dry gauze. On this, wear soft, cotton clothes. Leave the bandages on overnight.



Turmeric

It has anti-inflammatory properties. Mix fresh-ground turmeric with a small amount of water to make a paste. Apply it to the skin and leave it on till it dries.



Aloe Vera

It can soothe symptoms of itchiness, inflammation, and discomfort. You can apply aloe vera gel directly to the affected area up to 3 times a day.



Neem Oil

Apply it directly to the rash 3-4 times a day. Be sure to wash your hands before

Do you know there are many different skin creams for different conditions? These can lead to other complications. Therefore it is important to identify the skin issue and then treat with the correct cream. Do not self-diagnose and treat, talk to a doctor.