

Tips for Managing Rash While on Chemotherapy

Things you can do on your own



- Keep your skin well moisturized
- Use mild, unscented soaps
- Wear sunscreen, a hat, and other protective clothing anytime you go outside
- Take baths or showers with lukewarm (not hot) water
- Avoid scratching

When to seek medical attention



- If a rash is spreading over more than half your body
- If your rash is painful
- If you develop blisters or open sores on your body that become painful or appear infected
- If there is involvement of the eyes, mouth or genitalia
- If you develop a fever $\geq 38^{\circ}\text{C}$
- If you have associated chest tightness, difficulty breathing or facial swelling



Scan the QR Code with your smart phone to access the information online or visit <https://nhghealth.com.sg>

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