

WI DPH-Southern Regional Office

Heat Rash

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather.

Symptoms

Symptoms of heat rash include:

- Heat rash looks like a red cluster of pimples or small blisters.
- It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

First Aid

Persons experiencing heat rash should:

- Try to perform activities in a cooler, less humid environment.
- Keep the affected area dry.
- Dusting powder may be used to increase comfort.

