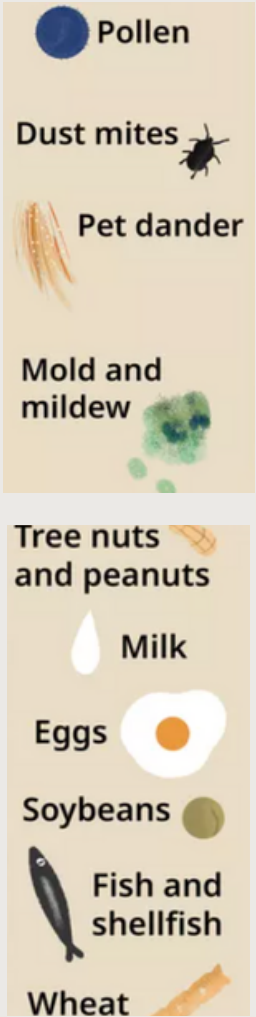


COMMON SKIN PROBLEMS

KNOW THE SIGNS, PROTECT YOUR SKIN

Condition	Common Features	Common Triggers	Management & Prevention
Contact Dermatitis 	• Can affect areas that touch irritants or allergens. • Often affects hands and fingers.		• Moisturize regularly • Avoid triggers • Use prescribed creams or treatments. • Wear protective clothing or gloves. • Wash skin after contact with irritants.
Fungal Skin Infections 	• Can appear between toes, in the genital area, under breasts, on feet, and sometimes on the scalp.		• Keep good hygiene. • Keep skin clean and dry. • Use antifungal products. • Wear breathable clothes and shoes. • Avoid walking barefoot in public places.
Folliculitis / Boil 	• Can appear appear as red, swollen, and sometimes pus-filled bumps. • Commonly affecting the scalp, face, neck, armpits, under breasts, genital area, between toes, feet, thighs, and buttocks due to friction, moisture, or bacterial infection.		• Maintain good hygiene. • Manage underlying conditions (diabetes). • Avoid sharing personal items (razor, towel). • Avoid squeezing or popping - This can spread infection. • Use antiseptic washes if prone to infections.

Note:

1. This is just a guide for self-management and prevention of common skin problems.
2. Always see a doctor for a proper diagnosis for any new rashes.
3. See a doctor urgently if you develop a rash that is very acute, painful, spreading very fast, or associated with other conditions like fever, throat tightness, breathlessness, wheezing, eye swelling, etc.