

What are some of the top skin rashes people may experience during the summer months?

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As people go back out into the world in the summer months and the warm weather invites us out of our homes, we can come into contact with different things that can cause skin issues. One of the things people can run into are toxic plants. So people can get rashes from things like poison ivy that their skin may become exposed to. Now here in West Texas, we don't usually have to deal with that much poison ivy, there's more poison ivy in eastern parts of Texas. However, there is a little bit of a trick that can get



## What should someone do if a heat rash does not go away?

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Anytime that you have a rash that occurs that you cannot get better, or if it's getting worse, it's always appropriate to seek medical attention. Your primary care physician, or your dermatologist should be able to help you find the right medicine to get you feeling much better.

## What should people know about insect bites?

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Insect bites are one of the small scourges of the summertime. And it's one of the prices of admission in a way for us enjoying the great outdoors. But minimizing your exposure to insects is a smart move. You can do that by using appropriate pesticides for your age and medical condition. You can use protective clothing, there are some that actually have pesticide in the fabric.

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The more skin that's exposed, the more likely you are to get bitten or stung. So you do want to think about protecting yourself in that way. And then avoiding places where there are going to be lots of insects, tall unruly grass, places where there's brush and things that you're not familiar with, to potentially be places where you might come in contact with insects.

## What should people know about ticks specifically?

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So avoiding tick bites is a smart move in the summertime because some of the ticks will carry diseases like Lyme disease, Lyme disease is caused by a little bacteria that lives in the tick. And when it bites us, it gives that bacteria to us as a little gift that can make us very, very sick. And so it's best to prevent that by using appropriate pesticides for the area that you're in and protecting your skin with long pants and sleeves. And potentially even tucking those pants into the socks. After a long day of hiking or being out in nature, it's a good idea to do a tick check where a buddy checks you to make sure that there's no ticks on your skin that you're unaware of. because believe it or not those little critters they have an anesthetic substance in their saliva so that when they bite us, we don't feel it. So if it's not in a place you can see you might not discover the tick for a while. Now the good news is the ticks have to be on your body for a long time to transmit that little bacteria that makes us sick. So if you can get them off relatively quickly, you might not have to have the antibiotic prophylaxis for that condition.

## How can people take better care of their skin during the summer?

07:09

When we're thinking about our skin in the summertime, we want to remember what a big job it has to do for us over the course of a long hot summer. It has to keep us cool it has to protect us from the environment, and it has to get us from June to August without too much difficulty so we want to protect it from the sun. We want to cleanse it gently and we want to moisturize it to restore moisture after a long day out at the beach.