

## About skin rashes

Skin rashes can affect the epidermis' color, appearance, or texture. It may be localized to a part of the body or affect all of the skin. Common causes of skin rashes are anxiety, allergic reactions, irritants, bacterial or fungal infections, skin diseases such as eczema or acne, or exposure to sun or heat.

Skin rashes often result in an itch, causing the person to scratch the affected skin area; doing so may increase or spread the rash. Many over the counter products provide temporary relief to skin rashes but because the causes of rashes are diverse, a doctor or dermatologist is the best choice for determining the treatment plan for a particular rash.

Plants such as poison ivy, poison oak or poison sumac, often are culprits of skin rashes for people working outdoors, hiking or camping.



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See also [poison ivy](#), [poison oak](#), [poison sumac](#).