

## SIGNS AND SYMPTOMS

- Contact dermatitis is **not** contagious
- **Signs and symptoms:** itchy skin, discolored/swollen/hot rash, excessively dry skin that may crack, tender skin, burning or stinging, hives (round welts on skin that itch), fluid-filled blisters, oozing blisters that leave crusts and scales
- If a rash develops, it **may not** be caused by what's touching your skin
- You can develop an allergic reaction to something you have used for **years**

### What is Contact Dermatitis?

"When something that touches your skin either irritates it or causes an allergic skin reaction"

## SUBTYPES: IRRITANT VS ALLERGIC

- **Irritant:** Non-specific response of the skin due to direct chemical damage, which in turn releases mediators of inflammation (detergents, bleach, plants, fruit juice, soaps, gasoline, disinfectants, fertilizers, occupational chemicals)

- **Allergic:** Delayed (type 4) hypersensitivity reaction due to contact with exogenous antigens (nickel jewelry, fragrance perfume, skin care products, shampoo), latex, urushiol (found in sap of poison ivy)

Lichenified plaque on patient's wrist due to chronic contact dermatitis



## RISK FACTORS AND PREVENTION

- Specific jobs have an increased risk: health care workers, food service workers, chefs, bartenders, construction workers, cosmetologists (including hairstylists, nail technicians, makeup artists), florists, mechanics, agricultural workers, natural resources and mining, manufacturing
- In the United States, contact dermatitis is one of the most common diseases caused by the workplace
- You can reduce the risk for developing contact dermatitis from washing your hands by using a fragrance-free hand cream afterwards and using a hand sanitizer with moisturizer

**AVOID WHAT'S CAUSING YOUR RASH (IF YOU KNOW THE CAUSATIVE AGENT), STOP SCRATCHING, USE COOL COMPRESSES/ANTI-ITCH MEDICATION/OATMEAL BATHS TO HELP WITH ITCHING, APPLY FRAGRANCE FREE MOISTURIZER AFTER WASHING BODY, WASH NEW CLOTHES BEFORE YOU WEAR THEM**

## REFERENCES

- 1) AAD Basic Dermatology Curriculum: Contact Dermatitis Overview
- 2) Picture: VisualDX

