

Don't sweat it

ANCHOR LEDE

Summer may be winding down, but health care providers want you to know that heat rash can happen year-round. Luckily, most cases resolve on their own with simple steps.

TAKE VO

Look for red bumps or blisters, but don't pop or itch them. And don't use rubbing alcohol or peroxide.

SOT

Maddy Draper, APRN
OSF HealthCare

"There's no cure for it. It's just getting back into a normal, less hot environment. Wear less clothing. Get the sweat off your body." (:11)

VO TAG

If your symptoms don't resolve in a couple days, if they get worse, or if you develop a fever, visit your local urgent care.