

Don't sweat it

Run time - :24

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. Tim Ditman of OSF HealthCare has more.

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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)**

That's OSF APRN Maddy Draper. I'm Tim Ditman.

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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.