

Rash



*What to know
& what to do
in case of rash*

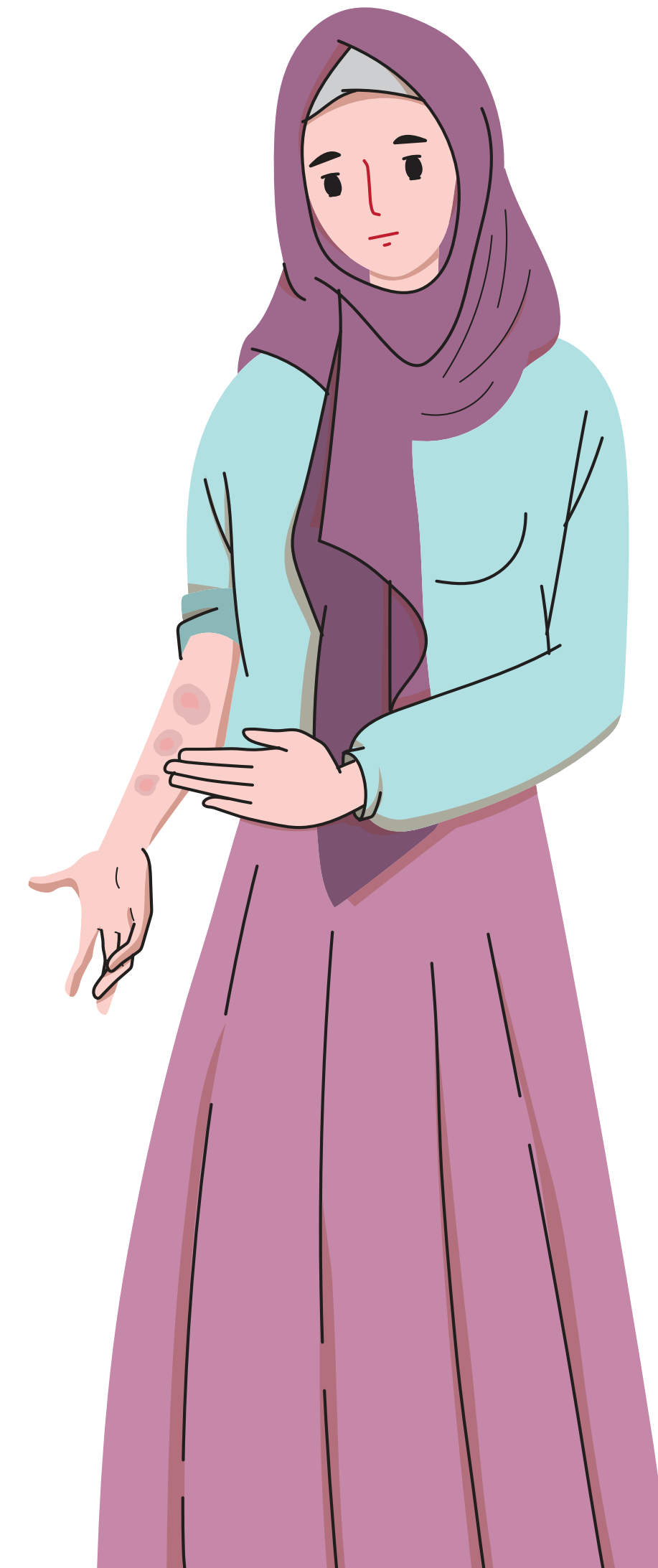
WHAT IS RASH?

Rash is defined as "...any change in the appearance or texture of your skin..."

*Rash can be located in any part of the body. Sometimes its location can help understand what caused it.

Why should you ask for medical help for rash?

- | Rash is a common medical symptom. Rash can be caused by many conditions, including allergic reactions or infections.
- | In CLL, rash can develop also when platelet counts are low. In such case, bleeding can happen inside the body, on the skin or under the skin. Bleeding under the skin can create purple bruises (purpura), or very small red or purple dots (petechiae) that look like a rash.
- | Some drugs for CLL can also cause rash as a side effect.



What are the main causes of rash?

- | Allergic reactions (e.g., to dust, food).
- | Primary skin diseases.
- | Hematologic conditions leading to low platelet counts.
- | **Drugs** may cause rash as an adverse event (ask your physician what to expect and how to handle it).
- | **Other causes**, like insect bites, contact dermatitis, infections (e.g., herpes zoster) and autoimmune diseases.

Inform your physician if you have rash, especially when it appears after starting a new treatment.

What is relevant to notice and report about your rash?

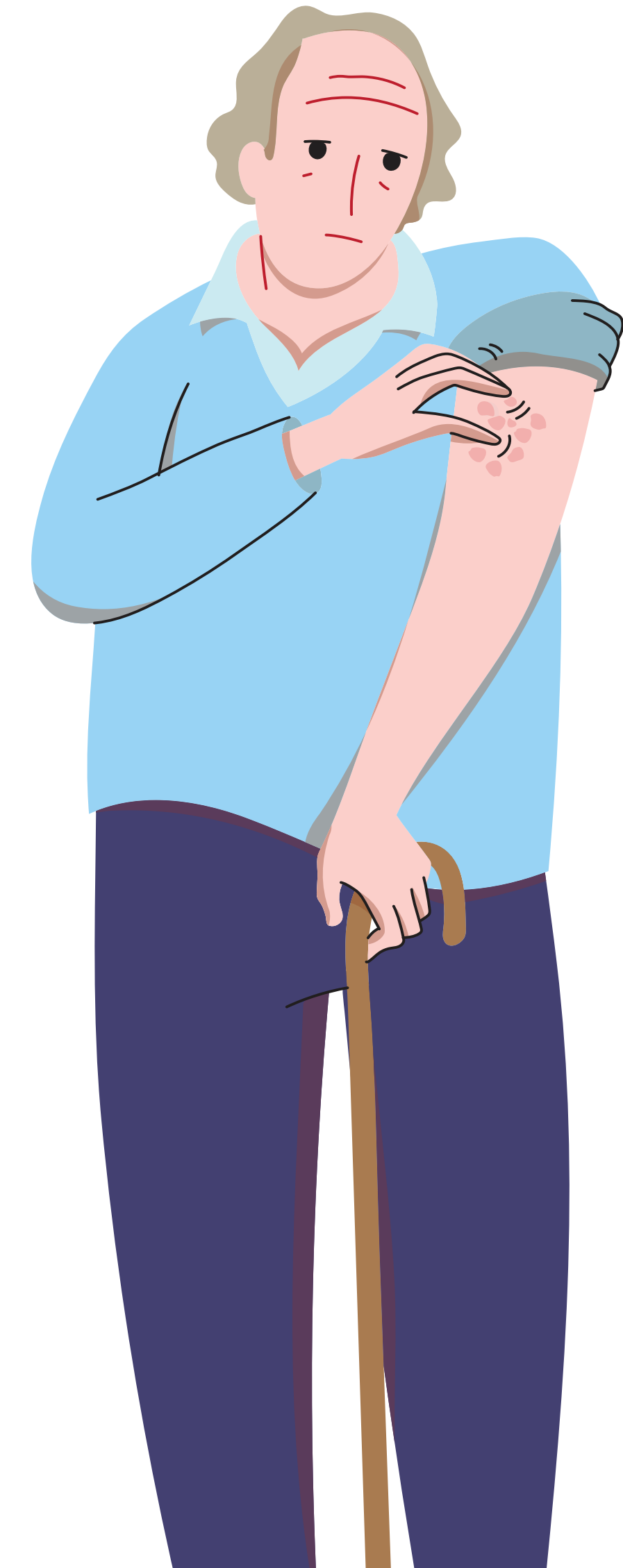
- | **Initiation.** When did your rash start?
- | If you **associate** rash **with something** in particular. Can it be associated with changes in your life and/or habits? (e.g., new treatment, new make-up)
- | **Presentation.** Does the skin appear flat or raised?
- | **Color.** Has the skin color changed?
- | **Location.** Is it located in a specific part of your body or is it everywhere?
Do you have abnormalities inside your mouth?
- | **Other symptoms.** Is the rash itchy? Do you have cough or difficulty in breathing?

Suspect allergic rash if...

- | You notice a sudden presentation of **itchy rash**. It can be a sign of an allergy.
- | You experience **trouble in breathing** or you **start coughing** – in such case, please refer to a nearby hospital as this may be a sign of a **blockage in your airways**.

Things that you should ask your physician:

- | What should I **expect**? Is the rash going to expand? Is it going to change color?
- | When should I expect **improvement**?
- | Is it **contagious**?
- | Should I avoid **sun exposure**?



AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

- Outcomes
- Rash characteristic
- Rash location
- New & existing symptoms

- The rash evolves in a different way from what your physician told you to expect or, despite treatment, the rash persists or gets worse
- You notice changes in the characteristics of your rash in a different way from what your physician told you to expect
- You notice abnormalities in your mouth or the rash is expanding
- You notice new symptoms and/or your symptoms make you feel uncomfortable

Remember! ————— *Follow carefully the instructions of your physician.*

Avoid rubbing or scratching.

If your physician prescribes you anti-allergic drugs that cause you dizziness, consider taking them at night.

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