



## What is a Hard Water Rash?

- A group of spotted, pink or red skin marks that may be accompanied by itching. Hard water occurs when a water supply contains high mineral levels of iron, magnesium and calcium, which leave deposits on the body causing irritation.

## What are symptoms that could occur?

- Itching
- Reddened bumps on the skin
- Dryness
- Flaking
- Lesions
- Scaling
- Warmth of affected area
- Weeping (oozing)

## How is it spread?

- Scratching the rash yourself can cause the rash to spread to other areas of your body

## How is it caused?

- The primary cause of hard water rash is dry skin. Minerals make it more difficult for substances to dissolve in water such as soap. When you lather and then rinse off, you may not be removing all the soap from your skin, this will cause the skin to dry out. Hard water deposits left on the skin can also cause your skin to become more irritated and susceptible to damage.

## How is it diagnosed and treated?

- If you are concerned about the rash, consult your family physician for diagnosis and treatment

Washing in hard water makes it more difficult to thoroughly rinse soap and minerals off your skin. The following are tips to soothe your symptoms.

- Rinse skin carefully.
- Use a water softener
- Use moisturizing shower products.
- Thoroughly rinse soap of your body

## How can Hard Water Rash be prevented?

- The best method of preventing hard water rash is to install a water softener that removes mineral deposits and allows for soap and other cleaners to rinse off easily.

## If you have questions

- Contact your family physician
  
- Call the Genesee County Health Department, Communicable Disease Nurses, 257-1017

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.