

## **General Treatment:**

Wash any exposed areas of the body with mild soap and water after exposure. Treatment for browntail moth rash is similar to that for any contact dermatitis. Additional information can be found on the MaineGeneral Health Website: [Brown Tail Moth Rash Spray](#) | [MaineGeneral](#) | [Maine](#)

- Apply topical cortisone ointment or cream (such as 1% hydrocortisone that can be obtained over the counter).
- Take non-sedating antihistamines (such as lotatadine/ Claritin<sup>®</sup>, fexofenadine/Allegra<sup>®</sup>) during the day.
- Take a sedating antihistamine (such as diphenhydramine/BENADRYL<sup>®</sup>) at night if needed.
- Avoid heat and hot water. Take cool to lukewarm showers
- Use colloidal oatmeal (such as AVEENO<sup>®</sup>) for baths or compresses.
- Non-scented, non-medical skin moisturizers applied a few times daily may be helpful
- If rash is severe and/or covers large areas with swelling, redness and pain, go to Concentra if it is a work-related exposure or your primary care provider if the exposure occurred outside of work. Prescription medication may be warranted for severe exposures.

## **Browntail Moth Rash Spray:**

Combine the following ingredients in a spray bottle and shake well. Apply twice a day to affected area. Refrigerate. Discard after 30 days.

- 1 - 14 gm tube of hydrocortisone 1% cream (e.g. Cortizone-10).
- ½ - 28.3 gm tube of diphenhydramine hydrochloride 2% and zinc acetate 0.1% cream (e.g. Extra Strength BENADRYL<sup>®</sup>).
- 1/10 – 76.5 gm tube lidocaine 4% cream (e.g. Aspercreme<sup>®</sup>)
- ¼ cup of witch hazel solution