# COMMON SKIN DISEASES IN AFRICA

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| Disease | Symptoms | Remedy |
| Eczema | Skin redness  Swelling  Papules  Blisters  Oozing and crust skin  Dry and Scaly | Stop use of irritants such as Vaseline, mineral oils and soap  Avoid extreme tempretures  Avoid contact with wool  Apply hydrocortisone cream until lesions clear  Use antohistamines |
| Ringworm | Round lesions  Scaling at the periphery  Common on exposed surfaces – face, arms, shoulders  Itching | Whitefields ointment twice a day for a minimum of 4 weeks  Griseofulvin 500mg once a day 2-6 weeks (adults); 10 -15mg once a day 2 – 6 weeks (children) |
| Athlete’s foot | Itchiness  White scaling lesions  Inflammation of the skin | Keep space in-between the toes dry eg dry skin thoroughly after washing, exposing to air, GV paint, cotton socks  Imidazole/ Whitefields cream for 4 weeks |
| Thrush | Red macules  Small pustules on their periphery  Itchy and painful  Occur on lips, mouth | GV solution  Potassium permanganate dressing  Nystalin Ointment twice daily for 2 weeks |
| Chicken pox | Fever  Red macules  Itching | Calamine lotion or phenol-zinc lotion  Antihistamine  Use betadine scrub and chlorhexidine 1% mouthwash |
| Acne |  |  |
| Herpes |  |  |
| Warts |  |  |
| Scabies |  |  |
| Leishmaniasis |  |  |
| Vitiligo |  |  |
| Madura Foot | Lesions on the body especially feet  Painless subcutaneous nodule followed by more nodules  Discharge of pus with grains  Formation of abscesses and ulcers which spread to bones and joints | Smaller lesions are surgically removed |
| Impetigo | Blisters which ooze  Have yellow crusts | Avoid sharing things such as clothes, towels, Vaseline  Dress affected areas with GV, saline solution, betadine solution  Don’t use Vaseline, use aqueous cream instead  Doxacilin 250 mg / 4 times a day for 7-10 days |
| Folliculitis |  |  |
| Erythrasma | Dry, smooth to slightly creased or scaly demarcated reddish brown plaques  Common in the groin, armpit, breast | An imidazole cream twice daily for 4 weeks. If not effective or recurrent infection:  - Erythromycin 250 mg 4 times daily for 2 weeks  - Erythromycin 2% lotion twice daily for 4 week |
| Yaws | Wet, easily bleeding, raspberry-like papule or nodule that disappears after a few weeks leaving an atrophic scar  Secondary lesions may appear as generalised nodules, ulcerations | -Benzathine penicillin 2,4 million units per IM injection, repeat after two weeks. For children benzathine penicillin 1,2 million units per IM injection, repeat after two weeks.  In case of penicillin-allergy: Erythromycin 500 mg 4 times daily for 2 weeks. |
| Leprosy | Loss of sensation  Enlargement of great auricular, ulnar and radiocutaneous nerves.  Patches or papules and nodules  dry skin with or without ulcers  fingers are bent or even lost | Rifampicine 600 mg once a month under supervision plus dapsone (DDS) 100 mg daily for 6 months unsupervised. |
| Noma | Peridontitis, then ulcerative stomatitis  Extensive sloughing of adjacent tissue  Necrosis of bone  The area is foul-smelling and very painful | Oral hygiene  Doses of penicillin  High protein diet |