

Further information can be obtained from:

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's Day Services, Lister	01438 286315
Children's A&E, Lister	01438 284333
QEII Urgent Care Centre, Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

Rashes

Child Health Patient Information Leaflet

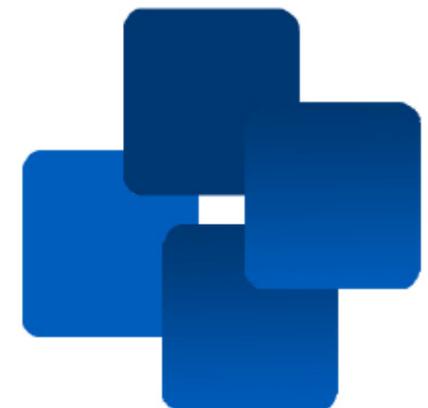


The information in this leaflet is from www.cks.nhs.uk

www.enherts-tr.nhs.uk

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You can request this
information in a
different format or
another language.



Introduction

The purpose of this leaflet is to explain common causes and treatments of rashes.

Symptoms

Rashes generally appear with the characteristics below:

- Red
- Itchy
- Patchy
- Raised skin (weals or hives)

Care:

If your child appears unwell, has a temperature and has a rash that looks like blood spots and does not disappear when you press the affected area, **please seek urgent medical advice.**

However, don't wait for a rash to develop. If your child is unwell and getting worse, seek medical help immediately.

Common causes

- Food allergies - such as allergies to nuts, strawberries, citrus fruit, egg, food additives, spices, chocolates or shellfish.
- Drug allergies.
- Viral infection such as a cold or flu.
- Skin contact with allergens.
- Physical - when the skin is physically stimulated by heat, cold, extreme stress, exercise or strong sunlight.
- A germ called H. pylori which is commonly found in the stomach may be the cause.

Prevention

Avoid triggers or aggravating factors such as allergens if you are aware of them.

Treatment and Medication

- For acute rash, often no treatment is necessary as the rash commonly goes within 24 - 48 hours.
- A cool bath or shower may ease the itch.
- Creams such as menthol in aqueous cream or calamine lotion are useful to cool the skin and help relieve itching.
- Antihistamines as prescribed by the doctor/ pharmacist.
- Steroids as prescribed by the doctor.