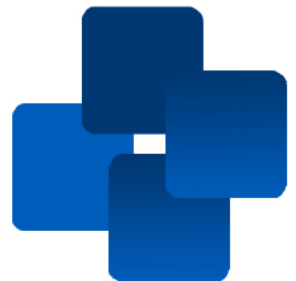


Patient Information

Rashes

Children's Services



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.

Further information

NHS 111

☎ 111

or Contact your GP

NHS website - www.nhs.uk

Useful Telephone Numbers

Bluebell Ward, Lister Hospital
Stevenage

☎ 01438 284008

Children's Emergency Department
Lister Hospital

☎ 01438 284333

Urgent Care Centre, New QEII
Welwyn Garden City

☎ 01707 247549

Community Children's Nursing Team

☎ 01438 288370