

HELPING THE SICK CHILD AT HOME

RASH

This information does not replace qualified medical advice from your provider but can guide you on what you can do until regular office hours.

Rashes come in lots of different shapes and sizes and happen for many different reasons. Luckily, rashes are usually not serious, unless they are accompanied by fever or if your child appears unusually ill.

What you can do:

- If a rash occurs right after introducing new medications, food, or skin products, discontinue immediately. Wash off anything that might have caused the rash, like lotion.
- Most of the time rashes go away without any intervention.
- Antihistamines like diphenhydramine (Benadryl) can help resolve the itch that can come with some rashes. Call your pediatrician for the correct dose.
- Diaper rashes happen to every baby. Barrier creams like petroleum jelly or those containing zinc oxide (Desitin, etc.) work by protecting the skin from whatever is irritating it. Apply it to the diaper area with each diaper change. Be generous – the cream should be applied to the skin heavily and not rubbed in.

When to go to the emergency room or call 911

- Lip/mouth swelling/numbness, dizziness, flushing, nausea/vomiting, difficulty swallowing,
- Impaired voice, the sensation of heart pounding, coughing, or difficulty of breathing.
- Fever in an infant under 3 months old
- Temperature over 104F
- Child is looking very ill, crying inconsolably, or acting differently
- Difficulty breathing or bluish lips
- Rash with dark red or purple spots or a rash with blisters
- Has severe abdominal pain

If these recommendations do not work or there is something else that worries you, please go to the nearest urgent care for a physician assessment. For emergencies, call 911.

