

## **RASH - HIVES or URTICARIA**

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Hives are an allergic reaction to substances such as food, medicines, insect bites, plants, etc.

### **What to Look for**

#### **RASH**

- Red, raised lesions with marked swelling that are often itchy
- Smooth or slightly bumpy to touch
- Rash on one part of the body
- Spots or solid red rashes

#### **OTHER SYMPTOMS AND SIGNS**

- Difficult or rapid breathing

### **When to Consult Your Child's Doctor**

#### **CONSULT IMMEDIATELY IF:**

- Difficult or rapid breathing
- Bright red and tender to the touch
- Spreading red streaks
- Looks like a burn

#### **CONSULT AFTERWARDS:**

- Bothersome itching

### **What You Can Do**

- If there are associated problems, like breathing, the adequacy of the airway and breathing must be assessed immediately.
- It is important to try and determine if there are things that cause problems such as drugs, eggs, milk, chocolate, shellfish, cheese, nuts, pollens and insect bites.
- Wash the area of the rash once thoroughly with soap to remove any remaining irritants, thereafter avoid soap to the area.
- If the itching is bothersome, you may give a dose of Benadryl as directed or use 1% hydrocortisone cream to area as directed.
- Apply ice or cold compress to area for 20 minutes every 3-4 hours to help prevent itching.

### **On Visiting Your Child's Doctor or Nurse Practitioner**

- A visit is required if rash spreads or becomes worse in appearance.
- If rash lasts over 1 week.