

BEVERLY HILLS PEDIATRICS

Rashes

Your child will invariably break out with spots, dots, bumps, blotches or stripes sometime in their life. So here is the ultimate rash guide.

Most rashes are caused by either an infection, allergy, irritation or sweating. Fortunately, there are very few rashes that you need to be concerned about. Like anything else, look at how your child is acting. If they are covered head to toe with a rash & they are running around playing and smiling, they are probably fine. Rashes cannot be diagnosed over the phone &, as a result, should be seen by your doctor in order to make the correct diagnosis & treatment.

Allergic:

Common Name: Hives (Urticaria)

Cause:

• Allergy. May be due to any type of allergen such as food, environmental or even viral

Course:

• Rash comes and goes for up to 7-10 days even after cause has been removed

• Rash increases around tight areas of clothing or when the body is hot

Rash Description:

• Large, smooth, red blotches, sometimes with white central area

• May occur on any part of body or face

• Areas where blotches conglomerate or come together may look swollen such as groin, hands and feet

• Itchy

Treatment:

• Benadryl every 6 hours as needed (see dosing sheet). Blunts allergic reaction and relieves itching

• No creams (rash comes and goes due to internal allergic reaction, putting something on the skin will not do anything)

Irritation:

Common Name: Dry Skin (Atopic Dermatitis, Eczema)

Cause:

• Dry skin

• May be related to an allergy

• Genetic predisposition

Course:

• May come and go from infancy through adulthood

• Many people "outgrow" it

Rash description:

• Dry bumpy skin

• Red patches of skin develop during flare-ups

• Most commonly noted along the elbow creases and behind the knees

Treatment:

• Moisturizer maintains the skin. Use multiple times per day especially after bathing or swimming to hold in the skin's moisture

• Use mild soaps and detergents

• Steroid Creams help flare-ups. Place 1% cortisone cream two times per on the red areas for about 1 week, notify if no improvement

Common Name: Heat Rash (Miliaria rubra, Prickly Heat)

Course:

• Comes and goes

• Happy baby without other symptoms or complaints

Rash description:

• Small red bumps or blotches

• Common on the back and chest but may appear anywhere on the body

• May not look hot and sweaty

Treatment:

• None

• Unbundling

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Viral Infection:

Viral rashes or exanthems are very common and not very serious. Here is a list of common viral exanthems that you will encounter.

Common Name: Roseola (HSV 6)

Course:

- 1-3 days of high fever (may be 101-105 degrees F)
- Rash develops 12-24 hours after the fever breaks
- Rash may persist for up to a 1 week. Resolves on own
- May have other viral symptoms such as cough and runny nose
- May be very fussy for a couple days even after fever resolves

Rash Description:

- Fine, red, bumpy rash that may cover the entire body
- Not itchy or painful
- Not contagious and self-resolves

Treatment:

- None, supportive care

Common Name: Fifth's Disease (Parvovirus B-19)

Course:

- Cold symptoms such as runny nose, cough or fever
- Rash may occur with or without fever and self-resolves in about 1 week

Rash description:

- "Slapped cheek" rash (cheeks will be red and rosy like they were just slapped)
- Smooth, fine, lacy red rash all over the body
- Not contagious

Treatment:

- None, supportive care

Concern:

- Avoid pregnant women and notify the obstetrician of pregnant women that were exposed. The cause of Fifth's Disease is parvovirus and may cause anemia in the fetus

Common Name: Hand, Foot & Mouth (Cocksackie Virus)

Course:

- High fever 101-105 degrees F for up to 72 hours
- May have cold symptoms such as runny nose or cough
- Painful oral ulcers on back of throat, sides of mouth or gums
- Unlike the name, your child may present with the rash solely on their hands, or their feet or no rash at all and just the mouth sores

Rash Description:

- Little red bumps most commonly on hands, feet and groin but may be anywhere on body
- Not contagious and self-resolves

Treatment:

- None
- Supportive care. Fever control and hydration. Many children do not want to eat because their mouth hurts so try cool drinks, soft food or popsicles

Common Name: Chicken Pox (Varicella)

Course:

- 3-5 days of fever may be present at onset
- May have other viral symptoms such as cough & nasal congestion
- Rash appears within 14-21 days of exposure
- Rash resolves within 1-2 weeks

Rash Description:

- Small, clear fluid filled blisters on a red base
- Described as a "dew drop on a rose petal"
- Commonly starts on the chest and may spread to any part of the body
- Very itchy
- Lesions scab over in 7-10 days
- Many stages may be present at any one time. For example, new blisters may appear as old ones are scabbing over

Treatment:

- None
- Supportive care with anti itch creams, such as calamine lotion
- Oatmeal bath

Contagiousness:

- Contagious until all skin lesions are scabbed over...