

Common Types of Rashes

DERMATITIS	SYMPTOMS	DESCRIPTION	TREATMENT
Measles	Brassy cough Nasal congestion Conjunctivitis Fever Photophobia Runny nose & eyes	Also known as rubeola, measles is a highly contagious respiratory disease that causes fever, runny nose, cough and a rash all over the body. Measles can be very serious, and may in some cases develop into pneumonia, particularly in children under 5 years of age and adults over 20. Once the symptoms have started, little can be done to treat measles patients beyond providing supportive care and maintaining adequate hydration.	The measles-mumps-rubella (MMR) vaccine that is usually given to children in the United States twice before they reach school age is highly effective in immunizing children against the disease.
Rubella	Fever Runny nose Watery eyes Sore throat Cough Swollen lymph nodes	Rubella, or German measles, is a contagious viral infection often confused with measles (rubeola). While the two illnesses do share some characteristics, including the red rash, rubella is caused by a different virus than measles and is neither as infectious nor usually as severe.	Rubella is most effectively treated with the measles-mumps-rubella (MMR) vaccine. Because of widespread use of the vaccine, the Centers for Disease Control and Prevention (CDC) has declared rubella eliminated in the United States, but cautions parents to make sure their children are vaccinated to prevent its reemergence.
Ringworm	Starts as a red, scaly patch or bump which eventually develops into an itchy red ring with raised, blistering, or scaly borders.	Ringworm is not caused by worms, but rather by a fungus that lives off dead skin, hair, and nail tissue. Ringworm is usually passed on by skin-to-skin contact with a person or animal, although children can also get it by sharing things like towels or sports gear.	Ringworm is most commonly treated with antifungal creams.
Fifth Disease	Itching Low-grade fever Sore throat Red papules on the cheeks	One of the few diseases still commonly known by its old numerical classification, Erythema infectiosum, or Fifth Disease, is a contagious but usually mild illness that generally passes in a couple of weeks. The rash itself begins with bright red papules on the cheeks, making the cheeks appear as though they have been recently slapped. This rash then spreads to the extremities and eventually the trunk in a fishnet-like pattern, lasting as long as two to three weeks. The disease is most typically spread by coughing and sneezing and is most contagious in the week before the rash appears.	Fifth Disease is treated simply with rest, fluids, and pain relievers (although you should remember not to give aspirin-based pain relievers to children), and the rash usually fades without scaling or pigmentation. If your child has fifth disease and you are pregnant, call your doctor.
Chickenpox	Fever Headache Sore throat Stomachache Red, itchy skin rash	Chickenpox is now increasingly rare thanks to the chickenpox vaccine. It is extremely contagious, spreads easily, and leaves an itchy rash over the body. This rash is made up of tiny red spots that go through distinct stages, first blistering, then bursting, they drying out and finally crusting over. Chickenpox can be very serious, particularly in older children & adults.	All young children should get a chickenpox vaccine, as should any teen or adult who never had the disease.

<p>Impetigo</p>	<p>Non-bullous (crusted) impetigo: Begins as tiny blisters that eventually burst and leave small wet patches of red skin that may weep fluid. Gradually, a yellowish-brown or tan crust covers the affected area.</p> <p>Bullous impetigo: Caused by <i>S. aureus</i>, which releases toxins that trigger the formation of larger fluid-containing blisters that appears clear, then cloudy. These blisters typically stay longer on the skin without bursting.</p>	<p>Impetigo creates red sores or blisters that can break open, ooze, and eventually develop a yellow-brown crust. These sores can show up all anywhere on the body, but most commonly appear around the mouth and nose. Impetigo can be spread through close contact or by sharing things that come into contact with the skin, like towels and toys. Scratching the blisters can cause the condition to spread to other parts of the body.</p>	<p>Impetigo is caused by a strain of bacteria, so it can be effectively treated with antibiotic ointment or pills.</p>
<p>Heat Rash (‘Prickly Heat’)</p>	<p>Small red or pink pimples that cause an itchy or prickly feeling on the skin of the head, neck, and shoulders.</p>	<p>Heat rash is caused by blocked sweat ducts unable to cool the skin effectively. It most commonly appears on the head, neck, and shoulders of babies when well-meaning parents dress a child too warmly, but can also happen to any child in very hot weather.</p>	<p>Heat rash can usually be avoided by dressing your child in loose, comfortable fabrics that “breathe.” As a rule of thumb, you should dress your baby in only one more layer than you’re wearing, and it’s OK if his feet and hands feel cool to the touch.</p>
<p>Contact Dermatitis</p>	<p>Red, dry, itchy, swollen skin or blistering of the skin</p> <p>More serious cases may result in crusty scales or blisters that ooze fluid</p>	<p>This extremely common condition is an inflammation brought about by an allergic reaction to some material that has made contact with the skin (persistent scratching may cause secondary infections when left untreated). The rash usually starts within 48 hours after skin contact and goes away after a week or two or after contact with the culprit ends. The most common causes of irritants to children include: soaps, different foods, detergents, baby lotions, perfumes, plants, metals, cosmetics, medications, etc.</p>	<p>Since so many different things can cause dermatitis, doctors differentiate the various types of by the underlying cause. Treatment will be determined based on your child’s age, overall health, medical history, and his/hers tolerance for specific medications.</p> <p>You can also use a wet, cold compress to soothe and relieve inflammation if blisters are broken. Corticosteroid creams may help to reduce the inflammation and oral antihistamines to relieve itching.</p> <p>*For recommendations on the best over-the-counter oral antihistamine for your child, contact our office.</p>

<p>Hand-Foot-and-Mouth Disease (HFMD) (Coxsackievirus)</p>	<p>Fever Mouth sores Skin rash</p>	<p>This is a relatively common childhood illness that starts with a fever, followed by painful mouth sores and a non-itchy rash. The rash blisters on hands, feet, throat, and tongue, inside of the cheeks, and sometimes buttocks and legs. It spreads through coughing, sneezing, and handling used diapers, so washing the hands often is an excellent way to keep the spread of the illness under control.</p>	<p>HFMD is not serious and usually goes away on its own in about a week.</p>
<p>Eczema</p>	<p>Itchy, dry, red skin and small bumps on the cheeks, forehead, or scalp. The rash may spread to the extremities (the arms and legs) & red, crusted, or open lesions may appear on any affected area.</p> <p>Circular, slightly raised, itchy, and scaly rashes may appear in the bends of the elbows, behind the knees, or on the backs of ankles and/or the wrists.</p>	<p>Eczema is characterized by a raised rash with dry skin and intense itching. The exact cause of eczema is unclear, but children tend to be particularly susceptible if they have a sensitive immune system, which may also manifest as other allergies or asthma. Some children outgrow it or have milder cases as they get older.</p>	<p>Topical corticosteroids, also called cortisone or steroid creams or ointments, are commonly used to treat eczema. These medicines are usually applied directly to the affected area(s) 2x/day (continue to apply the corticosteroids for as long as your doctor recommends).</p> <p>Antihistamines or oral/ topical antibiotics may also be prescribed by your doctor.</p>
<p>Hives</p>	<p>Raised, itchy red welts or blotches that vary in size and are seen alone or appear in clusters.</p>	<p>These itchy or burning welts can be triggered by exposure to a number of different things, including medicines such as aspirin (which kids should never take) and penicillin. Eggs, nuts, shellfish, and food additives are also extremely common triggers, as are heat, cold, and strep throat. The welts can show up anywhere on the body and last from just a few minutes to several days.</p>	<p>While an antihistamine can sometimes alleviate the symptoms, hives may also be a sign of a more serious problem, especially when they come with breathing troubles or swelling in the face. In these, more serious, cases, or if the hives don't go away, it is important to see your doctor.</p>
<p>Scarlet Fever</p>	<p>Sore throat Fever Headache Stomach pain Swollen neck glands</p>	<p>Scarlet fever is a form of strep throat that occurs with a rash. During the first days of infection, the tongue is coated heavily with a white membrane through which swollen, red papillae protrude (classic appearance of white strawberry tongue). By day 4 or 5, the white membrane sloughs off, revealing a shiny red tongue with swollen papillae (red strawberry tongue). After 1-2 days, a red rash with a sandpaper texture develops, which is sometimes worse on the neck, elbow creases, arm pits, and groin. After 7-14 days, the rash begins to peel and rubs off.</p>	<p>Scarlet fever is very contagious, so wash hands often to keep it from spreading. Contact your doctor immediately if you think your child may have scarlet fever, so that they can be treated promptly with antibiotics.</p>

<p>Roseola (Sixth Disease)</p>	<p>Mild upper respiratory illness High fever Irritability Decreased appetite Swollen lymph nodes</p>	<p>Roseola is a mild illness that is common among children 6 months to 2 years old. It starts with a cold, followed by the sudden onset of a high-grade fever of 103° to 106° F, which can be severe enough to trigger seizures. Then the fevers end suddenly, and a rash of small, pink, flat, or slightly raised bumps begins to form on the chest and back, followed by the hands and feet. The rash then fades quickly, usually within a few hours to two days, without scaling or change in skin pigmentation.</p>	<p>Roseola usually does not require medical attention, however and when it does, most treatment is aimed at reducing your child's fever.</p> <p>Acetaminophen or ibuprofen can also help to reduce your child's fever.</p>
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