

HAREHARE

RASHES

What to do next

1 Home (*Self Care*)
watch for any changes;
if existing condition, use
prescribed medicine.

**2 General
Practice (GP)**
if rash is worsening or
child becomes unwell.

3 ED (*Emergency Department*)
if trouble breathing or
very unwell.



RASHES

Rashes are common in young children. There are many different types of rashes. Most have mild symptoms and are usually short-lived.

What to do

- Check if your child is behaving normally and seems to be well.
- Get your child to have plenty of rest.
- Make sure your child drinks small amounts of water regularly.

Call your general practice (GP) if:

- the rash is worsening or spreading, even if your child seems well
- your child has a temperature
- your child isn't eating or drinking
- the rash hasn't gone away after 3 days
- you are concerned about them.

Take your child to ED if:

- the rash is worsening and your child is becoming unwell
- your child is feverish or pale
- your child is in pain
- your child is having trouble breathing.



For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](https://www.healthnavigator.org.nz).