



Heat Rash

Heat rash is seen most often in babies and young children. It occurs during hot and humid weather. It is caused when the sweat gland openings become blocked. This results in little red bumps around the sweat duct openings.



What to Look For:

- Tiny red bumps in areas that tend to be moist
- Commonly seen in skin folds of the neck and on the upper chest, arms, legs, and diaper area

What You Should Do:

Parents or primary caregiver should:

- Dress the child (/English/ages-stages/baby/diapers-clothing/Pages/Dressing-Your-Newborn.aspx) in clothing that keeps the skin cool and dry.
- Pay special attention to skin folds that stay wet with perspiration, urine, or drool.
- Use cool water to remove body oil and sweat. Then dry the area.
- Leave areas open to air without clothing.
- Use air conditioning or a fan blowing gently on your child to keep her cool.
- Do not apply skin ointments.

Other caregivers should:

- Tell parents if you notice a child has signs of prickly heat.
- Try to keep the child cool.
- Pay attention to moist areas. Wash with cool water. Keep these areas dry.

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