

Heat Rash (Children)

Heat rash in young children can look uncomfortable, but it's usually not serious.

Call Doctor If:

- The heat rash is still visible after 3 or 4 days.
- The rash gets worse.
- The rash causes serious itching.
- The rash oozes pus or swells.
- The rash is red or purple or looks like bruises.
- The rash is tender.
- The child has a fever.

1. Treat Symptoms

- Give your child a cool bath.
- Put your child in an air conditioned room, or position a fan so that a gentle breeze blows over her.
- Avoid creams or ointments that may irritate the skin.

2. Dress for the Heat

- Dress your child in soft, lightweight, cotton clothing to help absorb moisture.

3. Keep Your Child Hydrated

- Make sure your child is getting enough fluids when the weather is hot.
- Your child should hydrate before and during prolonged outdoor activity.