



Children's Health

Skin Problems

HOW TO GIVE YOUR CHILD RELIEF

CONDITION	DESCRIPTION	CAUSE	TREATMENT
acne	raised, red pustules	blocked pores	Don't squeeze or pick acne. Keep the affected area clean. Check with a doctor before treating a young child. Teenagers should use a benzoyl peroxide solution.
impetigo	fluid-filled bumps that erupt to form an itchy crust	bacteria	After washing the affected area, apply an anti-microbial cream prescribed by your child's doctor.
cradle cap	greasy, yellow crust that appears on a child's scalp and behind the ears	scalp cells and oily sebum buildup	Apply baby or mineral oil to the affected area to loosen crust before shampooing. Gently shampoo scalp daily.
eczema	blemishes/skin eruptions affecting face, head, shoulders, arms or legs; intensely itchy bumps or blisters may erupt and later ooze and become crusty and scaly	irritants and allergens	This condition is hard to cure. Treatment is geared to relieving the itching and pain. See your child's doctor for the best treatment options.
diaper rash	inflammation of the skin around the buttocks and genitalia	yeast, bacteria	Keep the affected area clean and dry, letting air reach the rash. An anti-fungal cream or antibiotic may be prescribed. Change your child's diapers frequently. Use loose-fitting, cotton diapers. Bathe your child daily.
heat rash	clusters of tiny blisters in the skin folds of the upper neck and back	overheating	Dress your child in light, breathable (cotton) clothing, and keep him or her out of the heat. Limit the use of greasy oils or lotions. If a fever or rash appears, or if the rash is not better in three to four days, see your child's doctor.
poison ivy/oak/sumac rash	red, intensely itchy rash with oozing blisters	oil from plants	For an extensive rash, see your child's doctor for oral medications. Use calamine lotion until the blisters burst, then cover them with sterile gauze, dampened in a solution of 1 tablespoon baking soda to a quart of water.
sunburn	reddening and blistering of the skin, sometimes accompanied by a fever	overexposure to sunlight	Apply cool compresses to the affected area. Use acetaminophen for pain. Apply moisturizing lotion to the burned area. Have your child drink lots of fluids. Call your child's doctor if there's severe blistering, fever, dizziness or confusion.
warts	small, firm bumps on exposed areas and hands and feet	virus	Warts can be removed by surgical procedure, sanding with pumice stone or by using over-the-counter wart treatments. Warts are very common in children, and they may disappear with no treatment.
insect bites and stings	painful, itchy, red and swollen bumps	mosquitoes, fleas, bees, wasps, ants	Use medicated cream, cool baths and antihistamines to relieve the pain and itching. Bites and stings may cause infection and scarring. For stings, remove the stinger, cleanse the stung area and apply cold compresses. Stings may cause anaphylactic shock (drop in blood pressure and difficulty breathing) in some individuals. If this occurs, get your child medical attention immediately.
poisonous spider bites and stings	gradual redness and swelling, worsening over time, chills, fever, vomiting, sweating, nausea, tightness in the chest and difficulty breathing	black widow spider, brown recluse spider	Keep the area of the bite lower than your child's heart. Apply ice packs or cold compresses to the bite. Get your child immediate medical attention. If possible, safely trap the insect so it can be identified. Be reassuring to avoid exciting your child.