

Skin rashes

in babies and young children



The skin of babies and infants is still very sensitive and therefore often reacts more strongly to stimuli than the skin of older children or adults. There are many different types of skin rashes in children. In most cases, however, these are no cause for concern.

The following symptoms are common in babies and infants, but usually go away on their own:

- **Your child has red spots and yellowish, greasy shiny scales:**

This can be an eczema, which in babies is also known as seborrhea. The rash occurs predominantly on the face and head. Eczemas are not contagious and only itch in rare cases. Treatment is usually not necessary for babies, as the eczema usually heals completely and without consequences within the first year of life.

- **Your child has red spots on the buttocks:**

If your baby has red spots on the buttocks or all over the diaper area, it may be a diaper rash. This usually disappears after about three days if you pay attention to the hygiene of your child (e.g. regular diaper changes and bathing). So-called diaper creams can also be helpful. It is important to allow plenty of air to the affected areas and to avoid restrictive clothing - at least temporarily.

- **Your child has acne ("pimples") on the cheeks, nose and forehead:**

Baby acne can appear within one month after birth and usually goes away on its own in a few weeks. Wash your child's face with water and use a mild moisturiser. Acne medication intended for older children or adults should not be used. Do not squeeze out the "pimples" so that there is no risk of inflammation.

When to seek medical advice?

A visit to the family doctor or the paediatrician is generally advisable if the rash occurs together with a fever.

Contact your family doctor immediately if:
your child has a rash AND:

- feels pain in the neck when bending the head or torso.
- appears confused.
- trembles uncontrollably.
- has an uncontrollable fever.
- the hands and feet are unusually cold.
- is sensitive to light.

These symptoms could be signs of meningitis (inflammation of the membranes (meninges) surrounding the brain and spinal cord).

Your family doctor's office has just closed?

It is usually sufficient to call during the next day's consultation hours.

Are you unsure? Call us at ☎ 1450, the health advice call centre.

More information can be found at www.wobinichrichtig.at.



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