

# 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).