



NAPPY RASH

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Sore red patches on your baby's nappy area.
The skin may look sore and feel hot to the touch.
Pimples, spots and blisters can appear in the nappy area.



INCUBATION

Nappy rash can be caused by:

- An allergic reaction to wipes, detergent, baby bath etc.
- Your baby's skin being contact with wee or poo for a long time.
- Thrush - a fungal infection.

TREATMENT

Change wet or dirty nappies as soon as you can. Leave nappies off if possible to allow air to the skin. Bath your baby daily and keep the skin area dry by patting it gently with a towel. Barrier creams are available at local pharmacists and a GP can prescribe ointments if infection is found.



TOP TIPS

Seek advice from your a GP/Health Professional if the rash doesn't go away or spreads to other areas.
Do not use baby talc, soaps, baby lotion or bubble bath as they can irritate the skin.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111