



Chickenpox

Chickenpox causes an itchy, spotty rash. It can be anywhere on the body. **Chickenpox is very common, you can get it at any age but it's most common in children.**

It usually gets better by itself, after 1 to 2 weeks. You'll need to stay away from school, nursery or work until all the spots have formed a scab, usually about 5 days after the spots appear.

How to [look after chickenpox at home](#):

- Avoid dehydration: drink plenty of fluid (try ice lollies if your child is not drinking)
- Take paracetamol to help with pain and discomfort
- Cut your child's fingernails and put socks on their hands at night to stop them scratching
- Use cooling creams or gels from a pharmacy
- Speak to a pharmacist about using antihistamine medicine to help itching
- Bathe in cool water and pat the skin dry (do not rub)
- Wear loose clothes

The chickenpox vaccine

You can get the [chickenpox vaccine](#) on the NHS if there's a risk of harming someone with a weakened immune system (e.g. someone you live with is having chemotherapy). You can also pay (between £120-£200) for the vaccine at some private clinics or travel clinics.



Eczema

Atopic eczema (atopic dermatitis) is the most common form of eczema, it can cause skin to become itchy, dry and cracked. Atopic eczema is more common in children, often developing before their first birthday.

At the moment there is no cure for eczema but children might grow out of it. There are treatments to help manage the symptoms:

- self-care techniques, such as reducing scratching and avoiding triggers
- [emollients](#) (moisturising treatments) - used on a daily basis for dry skin
- [topical corticosteroids](#) - used to reduce swelling, redness and itching during flare-ups



Heat rash

A rash of small, raised spots that feels itchy or prickly could be heat rash (prickly heat).

The main thing to do is keep your skin cool so you do not sweat and irritate the rash.

To calm the itching or prickly feeling:

- apply something cold, such as a damp cloth or ice pack (wrapped in a tea towel) for up to 20 minutes
- tap or pat the rash instead of scratching it
- do not use perfumed shower gels or creams



Measles

Measles spreads quickly and can be very dangerous. Measles usually starts with cold-like symptoms (high temperature, runny or blocked nose, cough, red sore eyes), some people also get small spots in their mouth. The rash starts to show few days later.

What are the dangers of measles?

Around one in every 15 children with measles will develop more serious complications. These can include ear infections and diarrhoea but also:

- [Pneumonia](#) (chest infection) in about 1 in 16 children with measles
- [Encephalitis](#) (inflammation of the brain): 1 case for every 1000-2000 children with measles. Encephalitis can lead to permanent brain damage
- Measles causes death in about 1 in 5000 children with measles



Rubella (German measles)

Rubella, also known as German measles, spreads through coughs and sneezes. Rubella causes cold-like symptoms, aching joints and a spotty rash. The rash might start on the face or behind the ears and then spread to the neck and body.

The advice is to stay off nursery, school, or work for 5 days after the rash appears.

Catching rubella during pregnancy can be very dangerous. It is especially dangerous in early pregnancy. Rubella in pregnancy can cause:

- Loss of the baby ([miscarriage](#))
- Serious problems after the baby is born - such as problems with their sight, hearing, heart, or brain



Mumps

Mumps causes painful swellings in the side of the face, under the ears (the parotid glands). It can give a "hamster face" appearance.

Other symptoms of mumps include headaches, joint pain, and a high temperature.

What are the dangers of mumps?

- Swelling of the testicles or ovaries (if you catch Mumps after puberty)
- Infection of the brain ([encephalitis](#)) in 1 in 1,000 cases of mumps. Encephalitis is can be fatal
- Temporary [hearing loss](#) in about 1 in 25 people with mumps, permanent hearing loss is rare