



# Ticket to Healthy Living

## HEAT

## RASH



Texas  
Children's  
Health Plan is  
your family's  
ticket to  
health care.



### What is heat rash?

- Heat rash is caused by the child's body being overheated and not being able to cool itself off.
- Tiny, red bumps or rash can be found on the neck, chest, shoulders or back.

### Signs you might see

- Red bumps
- Rash
- Usually found on the neck, chest, shoulders or back

### What to do

- Give your child a cool bath without soap and let them air dry.
- Don't use any lotions on the skin.
- Dress the child in light clothes.

### When to call your doctor

- The rash gets worse.
- The rash isn't better in three days.
- Your child has a fever.

### More information

- Another name for heat rash is prickly heat.
- Heat rash usually occurs during hot weather.

