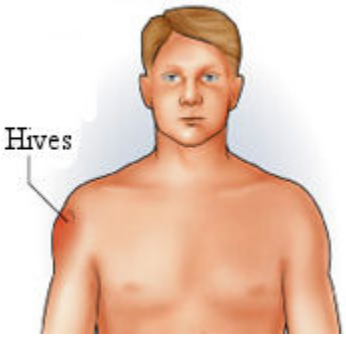
Hives
(Urticaria)

Hives (*urticaria*) are itchy, red, puffy patches on the skin. Hives may change in size and shape. They may also show up in new places on the body. Hives may be a reaction to something that was eaten, touched, or put on the skin. Hives can also be a reaction to cold, heat, infections, medicine, insect bites, or stress. Hives cannot spread from one person to another.



HOME CARE

- If you know how you or your child got the hives, stay away from what caused them.
- To relieve itching and rash:
  - Apply cold packs to the skin. A cool bath may also help.
  - **Do not** take hot baths or showers. Warm water makes the itching worse.
  - Your doctor may suggest medicine to shrink the hives. This medicine can make some people sleepy. **Do not** drive if you take this medicine.
- Use all other medicines as told by your doctor.
- Wear loose-fitting clothes and underwear.
- Follow up with your doctor.

GET HELP RIGHT AWAY IF:

- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- The lips or tongue puff up (*swell*).
- Breathing or swallowing is hard to do.
- Throat or chest tightness develops.
- Belly (*abdominal*) pain develops.

These may be the first signs of a life-threatening allergic reaction. THIS IS AN EMERGENCY. Call your local medical emergency services (911 in U.S.).

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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