**Parent’s Guide to Hives**

Hives is a common skin rash triggered by many things including foods, medications, and environmental irritants.

Symptoms include itchy, raised, red, or skin-colored welts on the skin's surface that look like this:



**What do I do if my child gets Hives?**

To relieve itching, you can take medicines called **antihistamines (ex: Benadryl)**. Benadryl dosing can be found on our website under the “For Parents- Fever Medication and Benadryl Dosing” section. It is important to be sure of the instructions of the antihistamine that you give your child. Benadryl lasts 4-6 hours.

**You should take your child to the ER if any of these symptoms occur:**

- trouble breathing

- tightness in the throat

- nausea or vomiting

- cramps or stomach pains

- passing out

- swelling of the face, hands, feet, or genitals

