

Papular Urticaria

What is papular urticaria?

Papular urticaria is a common skin rash in children. It is thought to be a reaction to bites from insects such as mosquitoes, mites, fleas, chiggers, gnats, animal lice or bedbugs.

A few new bites can make the sites of old insect bites react almost as if your child has been bitten again. It is seen most often in the warmer months when insects are more active, but can happen at anytime. The bumps can last a few weeks to several months. It is not a serious disease.



What are the symptoms?

Groups of very itchy red bumps appear every few days. Some bumps may have a small blister in the middle. Other times they look like hives. They normally appear on uncovered areas such as the face, forearms and legs. They can also be in small groups all over the body. The bumps get hard, reddish brown and can last a few weeks to several months. They can become crusted and infected from scratching.

How is it treated?

- Put topical steroid or anti-itch cream on the bumps as soon as they appear.
- Give your child an anti-itch oral medicine such as Benadryl® for severe itching.
- Put antibiotic ointment on if areas get infected.
- Clear the house of insects.
- Keep pets outside.
- Use insect repellent on exposed skin to prevent insect bites outdoors.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child:

- Has any large, red, warm or swollen areas around the bumps.
- Has any pus coming from the bumps.
- Is still itching a lot even after using an anti-itch medicine.
- Has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.