



Non blanching (petechial rash) Information for Parents

What is a petechial (non blanching) rash?

This is a rash that does not fade under pressure. The “glass test” is a way to identify this type of rash. When a clear glass is pressed firmly against the skin the rash is still visible. The rash starts as tiny pinpricks anywhere on the body. It can spread quickly to look like fresh bruises.

What causes the rash?

A petechial rash can happen in healthy children, however it can be a sign of any of the following conditions.

- viral illnesses (common),
- coughing or vomiting can cause a petechial rash around the face, eyes and upper body,
- blood and clotting disorders,
- meningococcal disease that can cause meningitis, septicaemia (blood poisoning) or both,
- infection with other bacteria (uncommon),
- trauma.

The doctor may need to do some tests to try and find out the cause of the rash: This will determine the right treatment for your child.

What tests may my child need?

Your child may be admitted to the children’s ward to be observed .We will monitor your child to see if the rash changes.

The doctor will examine your child and decide which of the following tests your child needs.

- blood tests, which may include a “blood culture”- where the blood is observed for 48 hours in the laboratory to see what germs have grown,
- urine test,
- throat swab,
- chest x-ray,
- lumbar puncture, this is a test for meningitis, where a small sample of fluid is taken from the spine, similar to an epidural.

What treatment will my child need?

Many petechial rashes do not need any treatment. Treatment depends on whether your child shows signs of developing an illness. When the doctor has found out what is causing the rash they will prescribe antibiotics if a bacterial infection is suspected.

The antibiotics can be given by mouth or through a cannula (a thin plastic tube in the vein) The doctor may wait until all the results of the tests are available, or start antibiotics straight away if your child appears ill or meningitis is suspected.

When can I take my child home?

You and the doctor need to be happy that your child is well enough to go home. This is usually when:

- your child is drinking,
 - a high temperature has settled,
 - they are generally more their usual self,
- lif your child had blood cultures taken they will need to stay in hospital until these results are available. This is usually 48 hours after the test.

Will my child need further treatment at home?

- If your child has been prescribed antibiotics make sure the course is completed.
- Check on your child during the night.
- Keep your child away from nursery or school until the rash has gone and your child is well.
- Your child may be prescribed paracetamol and ibuprofen for a few days to help with any discomfort. Please read the instructions on the bottle.

Paracetamol was given at.....and may be given again if needed after 4-6 hours.

Ibuprofen was given at.....and may be given again if needed after 6-8 hours.

Seek further advice or bring your child back to hospital if:

- The rash is spreading.
 - They become drowsy, irritable or have a headache,
 - They do not continue to improve in the next few days,
 - They continue to have high temperatures,
 - They are vomiting
- Or you are worried about your child for any reason.

Please ring for advice up to 48 hours after admission.

Starlight Children’s Ward Tel :0161 291 2248

Starlight Children’s Observation & Assessment Unit Tel: 0161 291 5459

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Community nurse team:.....

