**Urticaria**

**Summary:**

* Urticaria, which is also known as hives, occurs when something causes high levels of histamine and other chemicals to be released in the skin. This is known as a trigger.
* Triggers can include: food, pollen and plants, insect bites and stings, chemicals, latex, dust mites, heat, sunlight, exercise, water, medicines, infections and emotional stress

**Symptoms:**

* A raised, itchy rash that appears on the skin. It may appear on one part of the body or be spread across large areas.
* The rash is usually very itchy and ranges in size from a few millimetres to the size of a hand.
* Although the affected area may change in appearance within 24 hours, the rash usually settles within a few days.

**Strategies:**

The condition is unlikely to have a direct impact on learning. Those with Urticaria may take corticosteroids, menthol cream or stronger antihistamines.

Very rarely, rashes in the throat, tongue, or lungs can block the airways, causing difficulty breathing. This may become life threatening. Check Cedar or the student’s individual Medical Management Plan for guidance on what to do.

For further guidance see below.

[NHS Website](https://www.nhs.uk/conditions/hives/)

[NHS Inform Scotland](https://www.nhsinform.scot/illnesses-and-conditions/skin-hair-and-nails/urticaria-hives)