

How To Manage SHINGLES INFECTION

In Children?



Give a cool bath or shower



Apply wet or cool compressions



Apply a paste of baking soda or cornstarch with water over the rashes for 15-20 minutes



Use mild and unscented lotions and creams



Offer immunity-boosting foods



Avoid foods containing high amounts of fats, sugar, and refined carbohydrates

Mom Junction

Source: https://www.momjunction.com/articles/shingles-in-children-causes-contagious-prevention_00813962/