



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
