



1 January 2021

Hives

What are Hives?

Hives are raised areas of the skin that itch intensely and are red with a pale center. Hives is a very common condition as approximately 20 percent of people have hives at some time during their lives. The medical term for hives is Urticaria.



This condition typically comes and goes within a few hours. However, hives can repeatedly reoccur for some people. The most bothersome symptom of hives is itching, which can interfere with work and sleep in severe cases.

Most cases of hives are acute and will not last beyond a few days to a maximum of one to two weeks. However, for some people, hives can persist for more than 6 weeks and it can be unclear on the duration of each episode.

Hives occurs when high levels of histamine from the blood is released to the skin. The rash can occur at random places of the body, limbs or face. Topical creams or lotions are not as effective in treating the rash as compared to oral antihistamines or steroids.

Hives as part of a serious allergic reaction

Hives can also occur as part of a more serious allergic reaction. You should seek immediate medical attention if you develop hives with symptoms below:

- Difficulty breathing
- Tightness in the throat
- Puffiness of the face, eyelids, ears, mouth, hands, feet, and genitalia
- Nausea or vomiting
- Cramping abdominal pain
- Passing out

How can hives be prevented?

Hives are treated by avoiding potential triggers, antihistamine and steroids.

Triggers can include:

- Food
- Pollen and plants
- Insect bites and stings
- Chemicals
- Latex
- Dust mites
- Heat – work and sleep in a cool room and wear loose, lightweight clothes
- Sunlight, exercise or prolong water exposure
- Medicines – speak to a doctor if you have an allergic reaction
- Infections or having a fever
- Emotional stress

Medical Services for COVID-19

The outbreak of COVID-19 has caused much disruption in our daily life and business operations. As Singaporeans, we all have a role to play in the fight to prevent spread of COVID-19 and to protect our families, loved ones and colleagues. To help meet the challenge posed by the current COVID-19 outbreak, Raffles is happy to provide the following services to meet your healthcare needs.



Corporate Health Consultancy

Consult our experts on all healthcare related aspects of COVID-19 in your company. Our services range from acquisition of PPE's, temperature screening services, staff education webinars and planning for prevention / mitigation of COVID-19 at the workplace.

**GET IN TOUCH
WITH US TODAY**

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Raffles Telemedicine

Download our Raffles Connect app for a host of mobile / remote services. These include teleconsultation with medicine delivery and issuance of medical certificates, obtaining clinic queue numbers, receiving the latest COVID-19 advisories and more. All from the comfort and safety of your home / office.



**Raffles
Connect**

Download Now



Medicine Delivery Services*

Request for repeat of medicine for chronic conditions, medicine previously prescribed for acute conditions or routine over-the-counter medicine without visiting any Raffles Medical clinics.

*Available only for patient with existing records



Scan the QR code to
access this service



Dengue Vaccination

If you have had a previous dengue infection, and are between 12 to 45 years old, you can get vaccinated against dengue.



Scan to
select online

Raffles Home Care Services

Raffles Home Care Services offer you the convenience of getting a vaccination, blood test or clinical procedure done at home, skipping the need to travel to a clinic. Call / SMS 8614 8292 to enquire about any of the following home-based services.



Home-Based FDW 6 Monthly Medical Examination (6ME)

Your foreign domestic worker is required to screen for pregnancy and infectious diseases every six months. Enjoy the convenience of a mobile screening, where we arrange for our medical personnel to go to your home to conduct the tests required.



Find out more
or make an
enquiry [here](#)



Getting Your Vaccination Done At Home

Influenza is a viral infection that causes high fever, muscle aches, runny nose, sore throat and cough. When an infected person coughs or sneezes, anyone who is in close proximity may breathe in the droplets and get infected.

A vaccination to protect you and your family from influenza can be done without going to the clinic. [Find out more](#)