

HOW CAN I RECOGNIZE MY CHILD'S ILLNESSES?

ILLNESSES

| | | | |
|---|--|---|---|
| ALLERGIES An allergy is a physical reaction to a substance in the environment. When a child comes into contact with one of these substances, known as an allergen, either by touching, breathing, or eating it, or having it injected, his body releases histamines to fight it. 3 5 7 10 14 15 | CHICKEN POX Chicken Pox is an itchy rash that starts as small red bumps that quickly change into water blisters. The blisters develop into clear fluid blips, which finally become dry brown crusts in about 4-days. Very contagious through touch, sneezing, coughing and breathing. 1 8 10 | ASTHMA Asthma is a chronic condition in which a person's airways tend to become inflamed and then fill with mucus (white, yellow or green) when exposed to things like cigarette smoke, a known allergen, cold or exercise. The body reacts with coughing and wheezing. 3 4 | COLD A cold is characterized by a stuffy or runny nose, mucus, a cough and a sore throat. Medicine will not cure the cold, but can help your baby feel better and keep her from getting worse. She will also need lots of rest and liquids. Breast milk or formula only for babies under 6-months. 1 3 5 7 11 15 16 |
| EAR INFECTION An ear infection can result when fluid and bacteria build up behind your baby's eardrum. Symptoms include pus draining from the ear, baby tugging at her ear, fever and irritability. 1 6 9 13 17 | STOMACH FLU A stomach flu caused by a virus is one of the most common causes of vomiting and diarrhea in a toddler. Avoid spreading germs by insisting everyone in the house wash their hands often. 1 2 8 9 12 | PNEUMONIA This is an infection of the lungs caused by bacteria and viruses. A child may develop pneumonia after 2-or-3 days of having a cold or sore throat. Symptoms include: fever and rapid breathing. 1 3 4 9 16 | GASTRIC REFLUX This disease causes frequent stomach eruptions and vomiting. Reflux is exactly what it looks and sounds like—frequent uprisings of stomach fluid—and it makes for a cranky baby who won't eat much. 3 4 9 12 |
| COXSACKIE Coxsackie causes blister-like sores in the mouth, throat, feet and hands. It is highly contagious, usually striking a child around 2-years of age. 1 2 9 10 11 | CROUP Croup is an infection tract that swells the trachea (windpipe and voice box) and larynx. Children tend to develop a harsh, barking cough (like a seal) 3 4 | RSV Respiratory Syncytial Virus (RSV) is the most common cause of lower respiratory infections in children worldwide. It is the leading cause of pneumonia in infants. 1 3 4 5 8 9 13 | COLIC A term used to describe persistent crying in an otherwise healthy baby. If your baby is under 5-months-old, cries more than 3-hours a day, more than 3-days a week, chances are he's colicky. 13 18 |

SYMPTOMS

| | | | | |
|--------------------------|-------------------------------|--------------------------------|-----------------------------------|--------------------------------|
| 1 FEVER | 2 DIARRHEA | 3 COUGH | 4 BREATHING PROBLEMS | 5 CONGESTION |
| 6 EAR PAIN | 7 RUNNY NOSE | 8 LISTLESSNESS | 9 REFUSES FOOD, LIQUIDS | 10 RASH/PURPLE SPOTS |
| 11 SORE THROAT | 12 NAUSEA, VOMITING | 13 CRYING, FUSSINESS | 14 ITCHY/WATERY EYES | 15 SNEEZING |
| 16 MUCUS | 17 EAR DRAINING | 18 GAS | | |

HOW CAN I RECOGNIZE MY CHILD'S ILLNESSES?

A CHILD SHOULD NOT GO TO CHILD CARE IF HE/SHE HAS ANY OF THE FOLLOWING:

- Fever, irritability, lethargy, persistent crying or difficulty breathing
- An upper respiratory illness such as bronchitis or a bad cold
- A gastrointestinal illness, blood or mucus in the stools or vomiting
- Rash if it is linked to an infection
- Bacterial conjunctivitis (pinkeye) or yellow discharge from the eye
- Strep throat or mouth sores that cause excessive drooling
- Untreated head lice

WHEN SHOULD I CALL THE PEDIATRICIAN?

You're the best judge of whether your baby is really ill, so call if you're worried, no matter what his temperature is. Besides, temperature isn't the only indication of whether his illness is serious. His age is a factor (fever is more serious in babies under three months), and so is his behavior (a high fever that doesn't stop him from playing and feeding normally may not be cause for alarm). Keep in mind that he'll feel hotter if he's been running around than if he's waking up from a nap.

With all of this in mind, you should call the doctor if:

- Your baby is younger than three months and has a rectal temperature of 100.4° F (38° C) or higher
- Your baby is three months or older and has a rectal temperature above 101° F (38.3° C)
- You are worried—no matter what the time or temperature

SYMPTOMS TO WATCH OUT FOR:

Any of the following symptoms could indicate a more serious problem when coupled with a fever and should be treated by a pediatrician. Page your pediatrician, call 911 or go to the emergency room immediately if:

- Your baby has lost his/her appetite, has little energy or is noticeably pale; or you notice other changes in his/her behavior and appearance
- Your baby has small, purple-red spots on his/her skin that do not turn white when you press on them or large purple blotches; both of these can signal meningitis, an infection of the brain
- Your baby has difficulty breathing even after you clear his/her nose with a bulb syringe
- Your baby seems delirious, glassy-eyed, or extremely cranky or irritable; these could signal a serious viral or bacterial illness