

GUIDE TO CHILDHOOD ILLNESS

Recommendations for Parents, Schools and Child Care Facilities

ILLNESS	WHAT YOU SEE	WHAT TO DO	WHEN CAN CHILD GO BACK TO SCHOOL OR CHILD CARE?
5 th DISEASE (Erythema infectiosum)	Fever, headache and very red cheeks. Lace-like rash on chest, stomach, arms and legs that lasts 3 days to 3 weeks. You may see the rash off and on. Usual for ages 5-14 and is unusual in adults.	To help your child feel comfortable give plenty of liquids. Ask your doctor about using over the counter pain or fever medicines. Prevent scratching by trimming fingernails and putting gloves on the child during the night.	Child does not need to miss school/child care.
✓ CHICKEN POX (Varicella)	Itchy, blistery rash with mild fever. Blisters usually occur in clumps and are more commonly seen in covered parts of body. After several days, blisters scab over. Some children have only a few blisters, others can have several hundred.	Call your doctor. Your doctor can give advice on treatment and care for your child. Calamine lotion or cool sodium bicarbonate baths can help to reduce itching. Prevent scratching by trimming fingernails and putting gloves on the child during the night.	Child should stay home during the time when he can infect another child, usually until all the scabs disappear, which is commonly about 5 or 6 days.
COLD SORES	Fever, painful, small, fluid-filled blisters on mouth, gums or lips. The sores are usually reddish or purple and can appear one at a time or in little bunches.	The sores should be kept as dry and protected as possible. Do not allow children to share toys.	Child does not need to miss school/child care.
COMMON COLD	Sore throat, runny nose, watery eyes, sneezing, chills and a sleepy or tired feeling.	Make sure the child gets plenty of rest. Ask your doctor about using over the counter pain or fever medicines. The child and those caring for him should wash their hands regularly.	Child does not need to miss school/child care as long as she can participate easily.
DIARRHEA	The child's bowel movements are more frequent, loose, and watery than usual.	Make sure the child gets plenty of rest and give a diet of clear liquids. Breastfeeding can continue. If symptoms continue, fever occurs, or if blood appears in stool, call your doctor. The child and those caring for her should wash their hands regularly.	Child can go back to school/child care when diarrhea is gone and the child feels better.
FEVER	An increase in body temperature above normal. It does not always indicate serious illness. A fever may be present if the child's temperature is 101 degrees measured by the mouth.	Call your doctor if your child is uncomfortable or has a change in behavior. If a child under 8 weeks of age has an armpit temperature of 100 degrees, call your doctor.	Child does not need to be excluded unless he has a fever with behavior changes, signs or symptoms of illness.
✓ FLU (Influenza)	Fever, chills, sore throat, cough, headache, muscle aches, sleepiness.	Make sure child gets plenty of rest. Ask your doctor about using over the counter pain or fever medicines. The child and those caring for him or her should wash their hands regularly.	Child can go back to school/child care after the child feels well and has not had a fever for 24 hours.
HEPATITIS	Stomach pain, sick feeling, fever. Skin and eyes might turn yellow.	Call your doctor immediately.	Child can go back to school/child care when the doctor permits.
IMPETIGO	Sore with a yellow, honey colored scab. It may ooze and drain. Most sores are on the face, around the nose and mouth.	Take your child to the doctor. Your doctor may give you medicine and will tell you how to take care of the sores. The child and those caring for him or her should wash their hands regularly.	Child can go back to school/child care 24 hours after the child started medicine from the doctor, or until the doctor permits return.
LICE (Pediculosis)	Lice (bugs) and eggs (nits) in hair near scalp, especially on top of head, behind ears, and back of neck causing scalp to itch.	Use regular shampoo and cream rinse daily for 14 days combing hair with a fine toothed comb while cream rinse is still in the hair.	Child does not need to miss school/child care.
✓ MEASLES	Unusual in the United States. There are two kinds: Rubella: High fever, watery eyes, runny nose, cough, then red rash. Rubella: Mild fever, swollen glands in the back of the neck and behind the ears followed by a red raised rash.	Call your doctor immediately.	Child can go back to school/child care when the doctor permits.
MENINGITIS	Fever, headache and stiff neck are common symptoms in anyone over 2 years old. Newborns and small infants may appear slow or inactive, be irritable, vomit or feed poorly.	Call your doctor immediately.	Child can go back to school/child care when the doctor permits.
✓ MUMPS	Unusual in the United States. Fever, swollen and sore glands at the jaw.	Call your doctor immediately. Give plenty of liquids. Ask your doctor about using over the counter pain or fever medicines.	Child can go back to school/child care when the doctor permits, usually 9 days after start of swollen glands or when swelling goes away.
PINK EYE (Conjunctivitis)	Eyes water, are red/pink, may be itchy and painful and there may be creamy or yellow discharge. The eyelids may be matted after sleep.	Child with fever should be seen by a doctor. Child without fever should continue to be watched by parents or child care providers.	Child with fever can go back to school/child care when the doctor permits. Child without fever can remain in school/child care.
✓ PNEUMONIA	Fever, chills, cough. Child may have problems breathing.	Call your doctor immediately.	Child can go back to school/child care when the doctor permits.
RINGWORM	Ring shaped, scaly spot on skin or head. May leave a lighter spot on skin or a flaky patch of baldness on head. May have a raised donut-shaped appearance.	Call your doctor immediately. Ringworm is spread by direct skin to skin contact. Cover the area to prevent spreading of the fungus. Do not let your child share personal items (combs, brushes, clothing, towels, bedding). Dry skin thoroughly after washing and wash bathroom surfaces and toys daily.	Child does not need to miss school/child care. Child should not go to the gym, swimming pools or play contact sports. It is important to know that treatment may take at least 4 weeks.
SCABIES	Severe itching that can be worse at night. You may see small red bumps on the skin.	Call your doctor immediately.	Child can go back to school/child care 24 hours after first treatment.
STREP THROAT	Sore throats can be due to many causes. Strep throat is a severe form of a sore throat. Common symptoms include, scratchy and sore throat, hard to swallow, fever, enlarged glands.	Call your doctor immediately. Make sure the child takes all prescribed medicines on schedule and for as many days as your doctor has directed.	Child can go back to school/child care 24 hours after both antibiotics are started and there is no fever.
✓ WHOOPING COUGH (Pertussis)	Severe "whoop" sound in cough, vomiting may be seen with the cough.	Call your doctor immediately. Your child will need careful monitoring to ensure adequate nutrition, hydration, and clearance of mucous secretions.	Child can go back to school/child care when the doctor permits, usually after 5 days of antibiotics.

✓ Immunization is available

healthy and well kids in iowa

Health care coverage to qualified children

Is low cost or free health care coverage available to your child?

Healthy and Well Kids in Iowa (hawk-i) provides:

* Dental and Vision * Immunizations * Child physicals * Medicine from the doctor and much more!
Even working families of four earning up to \$36,200 may qualify.

More information on hawk-i can be found at 1-800-257-8563 or www.hawk-i.org

Contact the Healthy Families Line at 1-800-369-2229 if you have questions about child illness or need a doctor.