

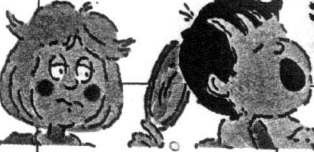


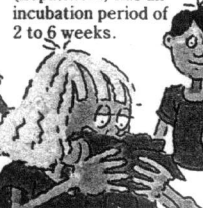
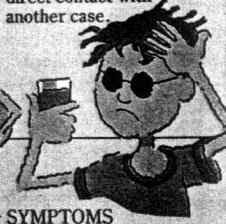


# CHILDREN'S INFECTIONS

GASTROENTERITIS	CHICKENPOX	SCARLET FEVER	MEASLES
<b>INCUBATION</b> 1-7 DAYS Varies with different germs.	<b>INCUBATION</b> 10-25 DAYS	<b>INCUBATION</b> 1-5 DAYS This can be determined precisely since the rash always appears within 24 hours of the onset of the first symptoms.	<b>INCUBATION</b> 14 DAYS 11 days to fever and catarrh, 14 days to rash.
 <b>SYMPTOMS</b> Nausea and vomiting often followed by diarrhoea. There may be a fever.	 <b>SYMPTOMS</b> First sign of the illness is usually the detection of spots on the trunk when the child is being bathed or undressed.	 <b>SYMPTOMS</b> Starts with sore throat and vomiting. There are painful swollen glands in the neck. No rash on the face but flushed cheeks and a whitish area of pallor round the mouth.	 <b>SYMPTOMS</b> Starts with a running nose, bleary eyes and a hard cough. The doctor will look inside the mouth for minute white spots which appear 2 or 3 days before rash.
<b>DISTINCTIVE FEATURES</b> Vomiting rarely lasts more than a day or two, but diarrhoea may persist. Crampy stomach pains are common. Very severe stomach ache, blood in more than 2/3 motions or increasing drowsiness needs checking by the doctor.	<b>DISTINCTIVE FEATURES</b> The spots become 'blistery' then yellow and form scabs. There may be several 'crops' of spots.	<b>DISTINCTIVE FEATURES</b> The rash is a mass of small slightly raised points against a general bright red background. The throat is a brilliant red colour and there may be white deposit on the tonsils.	<b>DISTINCTIVE FEATURES</b> The rash appears 3 to 4 days after the first symptoms, starting behind the ears, spreading to the face and down the body. Dark purplish spots develop making blotches. Eyes are always reddened.
<b>DURATION</b> Usually 1-4 days. Severe cases may last many days. Solid foods need not be given until diarrhoea improves. Taking light meals or foods aids recovery. Give plenty of liquids.	<b>DURATION</b> A child is no longer infectious as soon as ALL the spots have dried to scabs.	<b>DURATION</b> The rash disappears within a week or more rapidly with modern treatment. An untreated case may have 'peeling' of the skin. This is not infectious. Return to school after treatment completed.	<b>DURATION</b> Allow for a few days in bed and 2 weeks before they can return to school.
<b>NURSING POINTS</b> Babies need frequent small breast feeds and plenty of boiled water. Or make up electrolyte powder or tablets (from the chemist) in boiled water. Watered down fizzy drinks may be accepted by older children.	<b>NURSING POINTS</b> It is almost impossible to prevent the child from scratching the irritable spots so fingernails should be kept short. Very painful spots or a bad cough need checking by a doctor.	<b>NURSING POINTS</b> Mouthwashes are soothing and older children may be taught to gargle. Report persistent ear ache to the doctor.	<b>NURSING POINTS</b> The mouth needs special care with mouthwashes or swabbing after food. Shortness of breath as rash fades, persistent severe ear ache and very inflamed eyes usually require medical advice.

GLANDULAR FEVER	VIRAL HEPATITIS	MENINGITIS
<b>INCUBATION</b> 6-8 WEEKS	<b>INCUBATION</b> 2-6 WEEKS This type of hepatitis (hepatitis A) has an incubation period of 2 to 6 weeks.	<b>INCUBATION</b> 2-10 DAYS Varies — often 2 to 10 days. Few patients have a direct contact with another case.
 <b>SYMPTOMS</b> Increasingly painful and swollen throat. Swollen glands in sides of neck.	 <b>SYMPTOMS</b> Up to a week of "flu-like" illness, nausea, indigestion and pains under ribs. This is followed by yellow eyes, pale motions and dark orange or brown urine.	 <b>SYMPTOMS</b> Develops over 6 to 24 hours. Fever, headache, nausea or vomiting, stiffness of neck and back, light hurts the eyes.
<b>DISTINCTIVE FEATURES</b> White patch covers tonsils. Swollen glands may appear in armpits and groin. Many antibiotics cause an itchy rash (not a true allergic reaction).	<b>DISTINCTIVE FEATURES</b> As the yellow jaundice develops, fever and stomach symptoms subside.	<b>DISTINCTIVE FEATURES</b> Mild, viral types are common. Severe, bacterial types sometimes produce a rash of blood spots or bruises. Medical assessment is always advisable in cases of suspected meningitis.
<b>DURATION</b> Sore throat and fever from 1 to 3 weeks. Tiredness may be noticeable for several weeks afterwards.	<b>DURATION</b> After 4 to 7 days' rest, most people begin to recover appetite and mobility. Occasionally jaundice increases for some weeks, making the skin itchy.	<b>DURATION</b> Viral types resolve in 4 to 6 days without intensive treatment. Bacterial types need hospital treatment, usually for 7 to 10 days.
<b>NURSING POINTS</b> Throat swelling can cause difficulty swallowing or breathing. For this or for jaundice, consult the doctor.	<b>NURSING POINTS</b> Plenty of glucose drinks are helpful in the early stages. Small, frequent snacks as appetite returns. Consult the doctor if there is drowsiness or continued vomiting.	<b>NURSING POINTS</b> Doctors don't mind being called for a feverish child with bad headache, or delirium with vomiting. Seek help urgently, if rash appears. (NB: bacterial types are called Hib and meningococcus.)