CHILDHOOD ILLNESSES

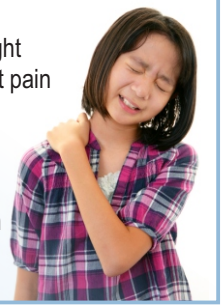
Signs and symptoms vary, some or all may be present, seek medical assistance.

Meningococcal

- fever / headache
- irritability / fretfulness
- refusing to feed / loss of appetite
- neck stiffness / sore and aching
- grunting / moaning /slurred speech
- extreme tiredness / floppiness / collapse
- nausea / vomiting / diarrhoea
- eyes sensitive to light
- convulsions / twitching
- rash of red / purple pinprick spots or larger bruises

Meningitis

- eyes sensitive to light
- neck stiffness / joint pain
- drowsiness
- vomiting
- fever / headache
- blotchy skin or rash - does not fade with pressure



Chicken Pox

- mild fever & generally unwell
- intensely itchy rash
- blisters start on body move to head and limbs
- possible ulcers in mouth
- blisters burst and form scabs

Worms

- itchy bottom
- restless sleep
- teeth grinding in sleep

Whooping Cough

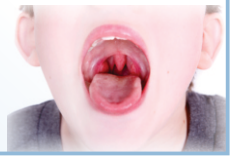
- severe cough occurs in bouts
- 'whooping' sound breathing in
- vomiting after a coughing bout
- stop breathing momentarily may turn blue

Mumps

- fever
- headache
- fatigue
- weight loss
- pain when swallowing
- swollen gland/s (in front of ear)

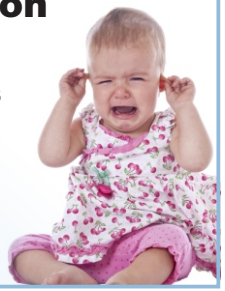
Tonsilitis

- sore throat / difficulty swallowing
- swollen glands under each side of jaw
- fever
- bad breath
- swollen tonsils, may have white or yellow pus



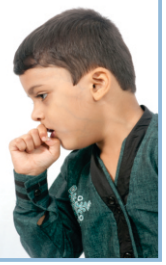
Ear Infection

- pulling at ear
- partial hearing loss
- irritability
- fever
- loss of balance
- loss of appetite



Bronchitis

- sore throat / blocked nose
- fever and chills / aches and pains
- tiredness / headaches
- difficulty breathing
- tight chest / wheeziness
- dry cough, then cough with phlem



Measles

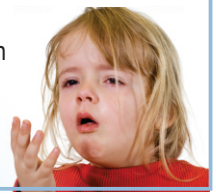
- fever & generally unwell
- runny nose
- dry cough
- sore red eyes
- red and bluish spots in mouth
- red spreading rash starts on face

Epiglottitis

- sore throat / difficulty swallowing
- difficulty talking
- hoarse voice
- fever
- very sick looking
- drooling
- stridor

Croup

- usually starts with a cold
- noisy high pitched breathing
- harsh barking cough
- difficulty breathing



Phlegm

Refer to 'Staying Healthy; Preventing Infectious Diseases in Early Childhood Education and Care Services'

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