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Alphabet of children's diseases



Every disability has a possibility

REG NO: 2014/004798/08

Allergies

- Symptoms
 - Runny, itchy nose. Watery, red, swollen or itchy eyes. Hives.
- Danger
 - Treat at home. Ask pharmacist for advice. If it happens on continuous basis make an appointment with a doctor to find the underlying cause.
- Treatment
 - Keep child away from known allergens
 - Give an antihistamine to relieve symptoms – follow dosage instructions on pamphlet
 - If symptoms doesn't get better with treatment, go to doctor
 - If child shows symptoms of anaphylactic shock, take to an emergency room immediately



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Anaphylactic shock

- Symptoms
 - Swollen, itchy, spotty rash. Skin may appear pale and sweaty
 - Swollen eyelids, lips, tongue and neck. May experience difficulty in breathing
 - Restlessness
 - Stomach ache, sometimes diarrhoea and nausea
 - Loss of consciousness
- Danger
 - Life threatening. Take to hospital immediately
- Treatment
 - Do not let the child eat or drink anything.
 - Keep them upright to breath easier
 - Start CPR if child becomes unresponsive and stops breathing



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Athlete's foot

- Symptoms
 - Burst, itchy, sensitive skin between toes. Fungus can affect the nails as well.
- Danger
 - Ask pharmacist for advice
 - Less serious cases: antifungal powder
 - If condition persists for longer than few days or if toenails gets infected, call doctor
- Treatment
 - Powder, cream and spray is available over the counter – ask pharmacist
 - Teach your child to dry properly between the toes
 - Take off your shoes immediately after exercise
 - Let your child walk barefoot as much as possible



Asthma

- Symptoms
 - Small children: symptoms include coughing after a cold, after exercise, or at night
 - You will hear child gasp for air and/or child has trouble breathing
 - With an acute attack breathing is difficult, they will struggle to talk, be very restless and lips and tongue will turn blue. Child can/may cough until they vomit.
- Danger
 - See your doctor if you suspect asthma. If asthma is diagnosed, you can treat it at home with medication. In serious cases take child to hospital if the medication at home does not relieve symptoms
- Treatment
 - Control environment (allergens)
 - Use medication as prescribed
 - Let child sit up straight in room that is well ventilated and humidified



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Appendicitis

- Symptoms
 - Pain in the lower abdomen that increases with light pressure, deep breathing or movement
 - Nausea and vomiting
 - Fever
 - Constipation or diarrhoea
- Danger
 - If pain persists for more than three hours despite pain meds, go to your nearest emergency centre
- Treatment
 - If it is confirmed appendicitis, an operation will be necessary to remove the infected appendix



Balanitis

- Symptoms
 - Swelling of the foreskin in boys, accompanied by pain and itching
 - White discharge of penis
 - Red and swollen groin area
- Danger
 - Treat at home
 - If no improvement after few days, see doctor
 - If it happens on regular basis, circumcision may be necessary
- Treatment
 - Wash area two times daily, but do not use soap
 - Ointment (Bactroban)



Testicular torsion

Testicular torsion is a medical emergency. It happens when the spermatic cord, which provide blood flow to the testicle, rotates and becomes twisted. This cuts of the testicle's blood supply and causes sudden pain and swelling.

- Symptoms
 - Sudden, severe groin pain
 - Swelling, especially on one side of the scrotum
 - Nausea and vomiting
 - Abdominal pain
 - One testicle appears to be higher than the other
- Danger
 - If not treated as a matter of urgency, there is the possibility that the testes might need to be removed
- Treatment
 - Usually requires immediate surgery to save the testicle



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Neonatal pustular melanosis (baby pimples)

- Symptoms
 - Small white spots, starts around the nose and then spreads.
Usually begins at 1 to 2 days of age, but may occur at any time until about the fourth day. Vesicles and pustules should resolve within 48 hours, while the brown macules fades over a period of 3-4 weeks.
- Danger
 - No danger
- Treatment
 - Disappears after few weeks without treatment
 - Can use Benpanthen on pimples



Barotraumas

- Symptoms
 - Ear pain caused by a bulging eardrum (happens often in an aeroplane)
 - Can cause partial hearing loss or ringing in ears
 - Symptoms disappear within few hours
- Treatment
 - Sucking on something while plane is landing
 - Teach the child to blow their ears open by pinching their nose, closing their mouth and blowing



Bladder infection

- Symptoms
 - Fever, listlessness
 - Diarrhoea
 - Pain or burning when urinating. Needing to urinate constantly
 - Pain in lower back or abdomen
 - Wetting of bed
 - Urine has pink or reddish color
- Danger
 - Make an doctors appointment as soon as possible
- Treatment
 - Antibiotics, medication for pain and fever
 - Drink lots of water, avoid baths, scented soaps and bubble bath



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Important to know

Constipation is a frequent cause of bladder infections in children. If stool fills up the rectum and colon, it can place pressure on, or even obstruct, the bladder, so the bladder cannot empty completely. Urine left in the bladder can be the perfect place for the growth of bacteria that may cause infection.



Blocked tear duct

- Signs and symptoms include:
 - Excessive tearing (watery eyes)
 - Redness of the white part of the eye
 - Recurrent eye inflammation (pink eye)
 - Painful swelling near the inside corner of the eye
 - Crusting of the eyelids (can be a symptom of infection)
 - Mucus or pus discharge from the lids and surface of the eye (can be a symptom of infection)
 - Blurred vision
- Danger
 - If there are signs of infection, make an appointment with your doctor
 - If tear duct stays blocked for more than one year, surgery may be necessary
- Treatment
 - If infection is present, doctor will prescribe antibiotics



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Bronchitis

- Symptoms
 - Usually starts with runny nose
 - Can proceed to a persistent, irritating cough
 - Green/yellow secretions
 - Feeling short of breath and child may complain of chest pain
 - Fever
- Danger
 - Go to the doctor if symptoms persist after one day, if child's breathing is very rapid or if child's fever goes above 39°C
- Treatment
 - Paracetamol and Ibuprofen for pain and fever
 - Nebulize with Kuraflow and/or medication (inhalation solution) as prescribed by doctor
 - Warm drinks can help soothe cough



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Bronchiolitis

- Symptoms
 - Usually starts two days after flu symptoms began, and then worsens
 - Fever
 - Dry cough and fast, difficult breathing
 - Problems with feeding, abnormal drowsiness
 - Bluish lips and tongue
- Danger
 - Contact doctor as soon as possible, especially if your child is still very young and child has difficulty breathing
- Treatment
 - Medication as prescribed
 - Nebulize with medication (inhalation solution) as prescribed by your health practitioner
 - Give lots of fluids
 - Paracetamol for fever
 - Try to get rid of thick secretions by putting child over your knees and lightly beating him on the back.

You can also use a nasal aspirator to clear the nose - especially if child cannot blow nose effectively



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Bruises

- Symptoms
 - Discolouring underneath the skin
 - Usually happens after a knock or fall
 - First red and purple, then changes to yellow or green as it starts to heal
- Danger
 - Treat at home
 - If child gets bruised easily, have him examined by a doctor
- Treatment
 - Put ice/ icepacks on
 - Arnica ointment



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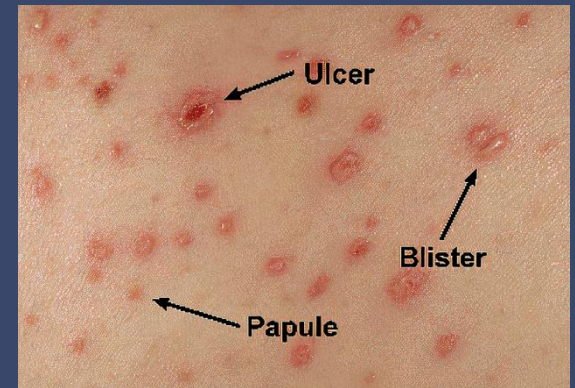
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Colds and flu

- Symptoms
 - Cold starts with scratchy and sore throat, followed by sneezing, runny or blocked nose, cough, and watery eyes.
 - Flu symptoms include fever, dry cough, muscle pain, blocked nose, headache and listlessness
- Danger
 - Treat at home
 - Make doctors appointment if fever is above 38, child is less than two years old, does not want to eat or drink, appears very drowsy, if cough lasts for more than five days or other symptoms such as ear pain appears
- Treatment
 - Keep child's room warm and use humidifier
 - Give child lots of fluids
 - Paracetamol and Ibuprofen for pain and fever



Chicken pox



- Symptoms
 - Light headache, fever and just not feeling well
 - Itchy rash over abdomen, and spreads to rest of body. Then itchy blisters appear, dries out after a few days and forms scabs
 - Blisters can also form inside the mouth, which makes eating difficult.
 - In more serious cases child can cough
- Danger
 - Treat at home, unless child has an immune deficiency or if child is coughing, fitting, drowsy or has trouble breathing. Keep child away from pregnant woman
- Treatment
 - Paracetamol (do not give child aspirin)
 - Calamine lotion for itching
 - Bath in warm water with little bit of baking soda and white vinegar
 - Keep fingernails short, and do not let child scratch themselves
 - Keep child at home for at least a week



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Constipation

- Symptoms
 - Difficulty passing stools (can go days without passing stools)
 - Abdominal pain
 - Blood in stools
- Danger
 - Treat at home
 - If blood in stools, take to doctor
- Treatment
 - Give lots of water to drink (try and avoid too much milk)
 - Speak to pharmacist with regards to the use of Lactulose or Movicol (depending on age of child). If over the counter treatments have no effect, please consult with your doctor
 - Glycerine suppositories
 - Diet high in fibre



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Cough

- Symptoms
 - Can be accompanied by symptoms such as fever, fast breathing, sore throat, runny or blocked nose and vomiting
- Danger
 - May be dangerous if fever and breathing problems is also present. Go to doctor immediately.
- Treatment
 - Use humidifier
 - Room temperature must not be too hot
 - Give lots of water and warm fluids



Conjunctivitis

- Symptoms
 - Whites of eyes and insides of eyelids becomes red
 - Eyes will feel irritated and itchy/watery
 - Bacterial conjunctivitis: yellow discharge and child may find it difficult to open eyes in the morning
- Danger
 - Go to doctor to find cause of infection (bacterial, viral or allergy)
- Treatment
 - Clean eyes with cooled down boiled water and cotton wool
 - Use eye drops as prescribed
 - Wash hands thoroughly before touching eyes
 - Do not rub eyes



Croup

- Symptoms
 - Usually starts with cold symptoms and then develops in a constant, barking cough
 - Loud breathing, horse voice
 - If child has difficulty breathing or if lips or tongue turns blue, go to your closest emergency centre
- Danger
 - Treat at home, unless breathing problems occur
- Treatment
 - If child gets a serious croup attack, close bathroom door, put child on your lap and let the warm water run so that the steam can humidify the air
 - Regular sips of hot fluid
 - Paracetamol
 - Nebulize with Duolin or Pulmicort to open the airways



Dehydration

- Symptoms
 - If baby's fontanel is sunk in, or a child's eyes is sunk in
 - Baby's have less wet nappies and children go to the toilet less often
 - The more dehydrated, the darker the urine
 - No tears when crying, and mouth and tongue is dry
 - Irritable and complains of headache
- Danger
 - Treat at home, unless child has more serious symptoms (abdominal pain, blood in stools, or vomiting for more than 24 hours)
- Treatment
 - Small sips of fluid on regular basis
 - Rehydrate solution – small sips at a time
 - Anti nausea and diarrhoea medication as needed



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Diarrhoea

- Symptoms
 - Regular loose stools
- Danger
 - Treat at home, unless there is blood in stools or child show signs of dehydration
- Treatment
 - Keep child comfortable. Give sips of water and diarrhoea medication as needed
 - Probiotics
 - Rehydration solution to replace electrolytes



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Eczema

- Symptoms
 - Inflammation of skin
 - Dry skin and sometimes blistering
 - Not contagious
 - Usually on face, neck, behind elbows, knees, hands or feet
 - Can be itchy and uncomfortable
- Danger
 - If child has never had it before, take to doctor to confirm diagnoses
- Treatment
 - Use prescribed ointment
 - Keep skin moist
 - Use special bath products from pharmacy
 - Try and determine cause and avoid contact



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Enlarged adenoids

- Symptoms
 - Snoring at night
 - Breaths through mouth
 - Nasal voice
 - Child may suffer from continuous ear infections
- Danger
 - Treat at home (usually they shrink back to normal size on their own)
 - Make appointment with doctor if child is snoring a lot, has speech difficulties or suffers from ear infections on regular basis
- Treatment
 - Use a humidifier
 - Let child sleep on their side



Ear infection

- Symptoms
 - Ear pain
 - Fever
 - Flu and cold symptoms
 - General feeling of not feeling well
- Danger
 - Contact doctor for appointment to confirm diagnoses
- Treatment
 - Paracetamol or Ibuprofen for pain
 - Do not put anything inside the ear, but something warm can be put on the ear
 - Keep child upright, because lying down can worsen pain



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Epilepsy

- Symptoms
 - Irritated or unusual behaviour, followed by spasms
 - Child will fall on floor and legs and arms will shake
 - May lose control of bladder and bowels
 - Can be unconscious for while after fit
 - Child can be disorientated afterwards, just wanting to sleep
 - Smaller fits: child can stop what they are doing and just stare into space
- Danger
 - If your child has never had a fit before, take her to doctor immediately
 - If child stays unconscious for more than ten minutes, also take them to doctor immediately
- Treatment
 - Put child on her side , and stay with them
 - Follow doctors instructions and use medications as prescribed



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Fever blisters (cold sores)

- Symptoms
 - Tingling sensation around lips and mouth around four to twelve hours before blister appear
 - Fever blister will itch and burn and surrounding area is inflamed
- Danger
 - Treat at home or consult pharmacist
- Treatment
 - Antiviral ointment
 - One drop of tea tree oil on cotton wool applied before blister appears will also help
 - Cold drinks or ice will help for pain



Febrile seizure

- Symptoms
 - Sudden high temperature
 - Child can become unconscious, stiff, turn blue, lose control off their bladder and stools
- Danger
 - Call doctor immediately if it has not happened before, or phone ambulance if seizure lasts for more than 5 minutes
- Treatment
 - If child has a fever, try and keep the temperature low to prevent seizure



Fever

- Symptoms
 - High body temperature and child will complain about body aches
 - Red/flushed face and restlessness
- Danger
 - Fever is a sign of infection
 - Watch carefully for other symptoms
 - Take to doctor if less than one year old, child has a stiff neck, is very sleepy or if temperature is still high after 12 hours
- Treatment
 - Take off clothes and do not cover with blankets – only one layer of clothing
 - Sponge down with tepid water or take tepid bath
 - Paracetamol and Ibuprofen to break fever
 - Keep cool with fan



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Glue ear

- Symptoms
 - Partial hearing loss due to several ear infections treated with antibiotics
 - Usually not associated with pain
- Danger
 - Not an emergency, but has to be diagnosed by doctor
- Treatment
 - General anaesthetic may be necessary to drain fluid out of middle ear and to insert a grommet



Hay fever

- Symptoms
 - Itchiness in back of throat or nose
 - Runny nose
 - Watery, red and itching eyes
 - Dry throat
- Danger
 - Consult pharmacist and treat at home
 - Take to doctor if at home treatment does not help
- Treatment
 - Test for allergies and try and avoid contact
 - Oral antihistamines or nose spray



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Headache

- Symptoms
 - Alone or can be associated with symptoms such as fever, general feeling of not feeling well, stiff neck, vomiting and sleepiness
- Danger
 - Take child to emergency room if two or more of above symptoms accompany the headache
 - Make an appointment at the doctor if child has headaches on a regular basis, or if headaches does not subside after pain medication.
 - NB: take headaches seriously if child's behaviour changes, or if it keeps him awake at night
- Treatment
 - Paracetamol
 - Some headaches can be caused by tiredness, hunger or light dehydration – give something to eat and drink and let them lie down in dark room for a while



Head injury

- Symptoms
 - Bump or visible swelling after a knock on the head/ fall
 - Light headache
 - If followed by vomiting, confusion, memory loss, drowsiness, blurred vision, unconsciousness or fits, or if blood-tinged water drains out of ears or nose, take child to the hospital immediately
- Danger
 - Take to hospital if any serious symptoms appear after head injury
 - May be necessary for x-rays or CT scan to rule out bleeding and fractures
- Treatment
 - Even after light injury, keep child at home for two to three days and monitor closely
 - Watch for symptoms of concussion



Iron deficiency

- Symptoms
 - Pale skin
 - No energy/ listless
 - Short of breath after exercise
- Danger
 - Make an appointment with doctor
- Treatment
 - If child has these symptoms go to doctor so that child's blood can be tested for iron deficiency.
 - Treatment depends on type of deficiency
 - If the cause of deficiency is genetic, life long treatment might be necessary



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Inguinal/umbilical hernia

- Symptoms
 - Umbilical hernia: Light swelling around the umbilicus
 - Inguinal hernia: Light swelling just above the groin or scrotum.
 - Both can be more visible when the child is crying
- Danger
 - If it is sensitive or very painful, take child to the doctor
 - Umbilical hernia: 99% of time it can just be monitored, and should not cause any trouble. Small hernias usually does not pose a problem, and heals by itself.
 - Inguinal hernia: can be a medical emergency and child needs to be seen by a doctor as soon as possible
- Treatment
 - Operation to repair an inguinal hernia is needed in most cases



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Impetigo

- Symptoms
 - Bacterial skin infection (enters skin through cut, insect bite or eczema)
 - Skin is red, and forms small blisters
 - Blisters opens and forms raw, fluidly sores that gets bigger
 - As it heals and dries it forms crusts. Can be very itchy
- Danger
 - Contact doctor for an antibiotic ointment
- Treatment
 - Teach child not to touch sores
 - Keep nails short and clean
 - Keep linen, clothes and towels separate from rest of family
 - Keep away from other children until infection clears up (usually about 5 days)



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Insect bites

- Symptoms
 - Localised pain or itchy sensation at site of bite
 - Small swollen area around bite
- Danger
 - Treat at home
 - If child shows symptoms of anaphylactic shock because of insect bite take to the hospital immediately
- Treatment
 - Cold washcloths, calamine lotion and tea tree oil relieves itchiness
 - Keep nails short and clean so that bites does not get infected when scratched
 - Antihistamine for itchiness



Kawasaki disease

- Symptoms
 - Fever that lasts for more than 5 days without any apparent cause and that keeps on spiking despite medication
 - Dry, cracked and swollen lips
 - Abdominal pain
 - Swollen lymph nodes in neck, conjunctivitis
 - Swollen hands and feet, hand palms and soles of feet appear red
 - Spotty, red rash over body
 - Tips of fingers and toes shed skin
- Danger
 - Take to doctor as soon as you suspect Kawasaki Disease
- Treatment
 - Hospitalisation for Immunoglobulins
 - Aspirin to prevent heart problems
 - Recovery takes up to three weeks



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Lice

- Symptoms
 - Itchy scalp with small red bite marks
 - May be able to see nits close to the base of hair
- Danger
 - Treat at home after visit at pharmacist
 - Talk to your doctor if child is less than two years old or suffers from asthma
- Treatment
 - Keep your child at home and check rest of family for lice
 - Use ointment and shampoos from pharmacy. Whole family must be treated, even if they do not show symptoms
 - Brushes has to be washed in warm water



Jaundice

- Symptoms
 - Cold symptoms with headache, fever and just not feeling well
 - Nausea, vomiting and no appetite. Abdominal pain
 - Dark urine
 - Skin and whites of eyes are yellow
 - Caused by the hepatitis virus
- Danger
 - Take to doctor within 24 hours
 - If child's stools are white or clay colored – Take to doctor immediately – could be a sign of Biliary Atresia
- Treatment
 - Give small sips of fluid regularly
 - Let them lie down and get as much rest as possible.
 - Wash hands regularly and boil utensils after use



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Neonatal Jaundice

- Symptoms
 - Common in preterm babies, but can happen to any newborn
 - Symptoms include yellowing of the skin and the whites of the eyes – symptoms usually appear within days after birth.
 - Baby will seem very sleepy and difficult to awaken.
 - Baby might feed poorly
- Treatment
 - Phototherapy is the preferred treatment in more severe cases
 - For milder cases of jaundice, at home remedies include more frequent feeds, or exposure to natural sunlight for short periods of time



Malaria

- Symptoms
 - High fever and chills
 - Headache and back pain
 - Nausea, vomiting and abdominal pain
 - Joint pain
- Danger
 - Consult your doctor immediately, especially if you visited a known malaria area recently
 - Take your child to hospital if he is drowsy, fitting or if skin is very pale or yellow
- Treatment
 - Child will be admitted to hospital for proper treatment and monitoring
 - To prevent your child from getting malaria, give them anti-malaria medication before visiting a malaria area. Use mosquito nets, anti mosquito creams and barrier clothing
 - Anti-malaria medication is not recommended for young children or pregnant woman



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Meningitis

- Symptoms
 - Fever and child will be very sleepy
 - Nausea and vomiting
 - Restlessness and crying (irritable)
 - Headache and stiff neck
 - Light and sound sensitive
 - Bacterial meningitis: can result in unconsciousness, as well as flat pink or purple spots on skin that does not disappear when you press on them
- Danger
 - Take to doctor as soon as possible
- Treatment
 - Antibiotics and supportive treatments (pain, fever, etc.)
 - Lumber punch to confirm diagnoses



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Mouth ulcers

- Symptoms
 - Sores inside mouth, tongue or on lips
 - Painful and very sensitive
- Danger
 - Consult with your pharmacist
 - If no improvement in ten days, or if it is unusually painful or it happens on regular basis make a doctors appointment.
- Treatment
 - Rinse mouth with baking soda mixed with water (10ml baking soda in 100 ml of warm water)
 - Local anaesthetic (ointment) from pharmacy may also help to relieve pain
 - Paracetamol
 - Do not give any foods that contains to much acid or spices, or is too hot or too cold



Molluscum contagiosum

- Symptoms
 - Small pimples on face, hands and body
- Danger
 - Make a doctors appointment. It is highly contagious and has to be treated as soon as possible
- Treatment
 - Depends on severity.
 - Doctor can perforate the pimples, or if there are to many he may send child to a dermatologist to freeze or scrape them off



Mumps

- Symptoms
 - Painful sensation when eating
 - Fever and headache
 - Swelling between jaws and ears
 - Vomiting
- Danger
 - Consult a doctor
 - Inflammation in testes of boys can lead to sterility
- Treatment
 - Paracetamol
 - Drink lots of fluid, but not juice as this can worsen the pain

NB: The importance of vaccination against this preventable disease must not be forgotten



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Nappy rash

- Symptoms
 - Raw, red and sore buttocks
- Danger
 - Treat at home and consult doctor if not better in few days
- Treatment
 - Wash nappy area and let it dry well with each nappy change
 - Put on barrier cream (zinc based) or petroleum jelly
 - Leave child without nappy (if possible) for a few hours a day – some sun on buttocks can speed up recovery process



Nose bleed

- Symptoms
 - Blood coming out of nose
- Danger
 - Usually caused by blowing nose too hard or by child picking their nose
 - If it happens on regular basis, if blood flow is very fast, it lasts for more than 30 minutes or if child becomes dizzy or pale contact your doctor
- Treatment
 - Press on soft part of child's nose and let them breathe through their mouth.
 - Let them lean forward for 10 minutes
 - Do not rub nose



Pit sore

- Symptoms
 - Starts as small, red dot that gets bigger and forms a pit (filled with puss)
 - Area around the sore can be swollen and painful
- Danger
 - Ask pharmacist for ointment and treat at home
 - If no improvement after two weeks or if it is very painful, make an appointment with your doctor
- Treatment
 - If pit sore ripens, use mixture of magnesium sulphate on sore and cover it with a plaster
 - If pit sore bursts, wipe it with cotton wool dipped in antiseptic, and cover it with a plaster
 - Do not pick at pit sore



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Poisoning

- Symptoms
 - Unusual behavior which includes slurred speech, inappropriate giggling, stumbling and drowsiness
 - You will know or suspect your child is poisoned if you find them close to empty chemical canisters, medicine bottles or strange plants
 - Very important to determine what the child has ingested as soon as possible
- Danger
 - Contact an ambulance/ phone the poison hotline, or alternatively take child to nearest hospital ASAP
- Treatment
 - Do not encourage child to vomit (some poisons can do more harm coming out)
 - Do not give child anything to eat or drink
 - If your child's lips or mouth are burning, you can relieve pain by gently rubbing some water or milk on it



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Poisons Information Helpline

The poisons information helpline is open 24 hours a day. Phone them ASAP for advice and to help assess if the child needs to be seen

Contact: 086 155 5777



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Reflux

- Symptoms
 - Continuous vomiting in first year of life
 - Feeds dribble down mouth
 - Crying and child appears very irritable
 - Poor growth (not picking up weight) – Failure to thrive
- Danger
 - Most children outgrow it by the age of 1 year
 - Contact doctor if child is vomiting blood or has projectile vomiting
- Treatment
 - Change child's sleeping position (head must be higher than feet)
 - Give small, regular feeds
 - Doctor may prescribe medication to relieve symptoms



Ring worm



- Symptoms
 - Fungal infection that causes oval or round flaky dots
 - Dots has raised and swollen edges that itches
 - Usually close to the head or inguinal area
 - Flaky specs on head, or hair will break down
- Danger
 - Consult doctor to prescribe anti fungal ointment
- Treatment
 - Ointment



Roseala (baby measles)

- Symptoms
 - Sudden high fever that can lead to a febrile convulsion
 - Ear pain and coughing
 - Light diarrhoea
 - Swollen lymph nodes
 - After about four days fever will subside and a rash will appear (small pink dots on upper body and face)
- Danger
 - Consult doctor to make sure child does not have meningitis or any other disease causing the fever
 - Phone doctor immediately if child's temperature is above 39 or if she starts to fit
- Treatment
 - Usually clears up in four days.
 - Treatment is symptomatic (keep fever down, keep child comfortable and hydrated)



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Rotavirus

- Symptoms
 - Continuous diarrhoea and vomiting
 - Loss of appetite and abdominal pain
 - Fever and tiredness
- Danger
 - If child is less than six months old take to doctor immediately
 - Otherwise treat child at home, unless symptoms persist for more than twenty four hours and child appears visibly dehydrated
- Treatment
 - Regular sips of water and rehydration fluid
 - Dehydration is a big risk (monitor child well)



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Rubella

- Symptoms
 - Light fever
 - Swollen lymph nodes under arms or scrotum
 - Rash appears after about two to three days (flat, pink dots, but not itchy)
 - May experience joint pain
- Danger
 - Phone your doctor
 - Be very careful – can be very dangerous to pregnant woman
- Treatment
 - Paracetamol
 - Lots of fluid



Scabies

- Symptoms
 - Highly contagious
 - Itchy rash, especially at night
 - Thin grey lines on skin, especially between fingers, underarms, groin area and between buttocks
- Danger
 - Call doctor, as this won't go away without treatment
- Treatment
 - Soap and prescribed ointment
 - Wash clothes and bed linen after treatment



Sinusitis

- Symptoms
 - First symptoms is that of a cold
 - Nose secretions are green or yellow
 - Pain in cheeks, headache or pain in forehead
- Danger
 - Make an appointment with doctor for antibiotics and supportive treatment
- Treatment
 - Paracetamol and nose drops
 - Drink lots of water
 - Steam inhalations will bring relieve



Every disability has a possibility

REG NO: 2014/004798/08

Squinting

- Symptoms
 - One eye looks in, out, up or down to far when staring directly at an object
 - Sometimes happens with small babies, but if child is older and it happens often it is a problem
- Danger
 - Make doctors appointment to have it checked out
 - The sooner it is treated, the better the child's chance is of having normal vision
- Treatment
 - Child's healthy eye may be covered with an eye patch
 - Eye exercises
 - May be necessary for glasses
 - Sometimes an operation is the only option to permanently correct the defect



Every disability has a possibility

REG NO: 2014/004798/08

Stye

- Symptoms
 - Sensitive or painful eyelid
 - Bump with yellow discharge present on eyelid
 - Skin around it can be inflamed and swollen
- Danger
 - Treat at home. If it happens often, consult your doctor
- Treatment
 - Clears up on its own
 - Do not touch it or rub your eyes
 - Warm cloth kept on it for a little while can relieve pain
 - Pain medication as needed



Sun burn

- Symptoms
 - Pink or red skin
 - Skin is very sore and sensitive
 - Sometimes blisters can appear on skin
- Danger
 - Treat at home, unless lots of blisters appear, then consult your doctor
- Treatment
 - Drink lots of water
 - Press washcloth dipped in cold water lightly on to skin
 - Take cold bath with baking soda in
 - Precaution is very important : wear hat and protective clothing, put suntan lotion on before playing outside
 - Stay out of the sun between 11:00 and 15:00



Sunstroke

- Symptoms
 - Headache and feeling tired
 - Dizziness and confusion
 - Nausea
 - High body temperature
 - May lose consciousness
 - Happens after activities outside in very high temperatures
- Danger
 - Take to hospital immediately
- Treatment
 - Cool child down as soon as possible
 - Put them in the shade, rinse them with water or wrap them in wet blankets.
 - Let the fan blow over them
 - Prevention is always better than cure



Every disability has a possibility

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Travel sickness

- Symptoms
 - Dizziness, nausea and sometimes vomiting
- Danger
 - Precaution is better than cure
- Treatment
 - Give child a light, fat free meal before travelling
 - Don't let her read in the car
 - Teach them to focus on the horizon
 - Open window for fresh air
 - Ginger sweets helps against nausea



Tick bite fever

- Symptoms
 - Fever
 - Headache
 - Rash
 - Symptoms appear after being outdoors
 - There could be black mark visible where child was bitten
- Danger
 - Take child to doctor if you suspect tick bite fever
- Treatment
 - Symptoms can be mild or severe
 - Let doctor decide on best method of treatment
 - May be necessary for antibiotics



Tetanus

- Symptoms
 - Cannot open mouth (jaw feels locked)
 - Difficulty swallowing and muscles in face are constricted
 - Spasms in neck, back, abdomen, arms and legs
 - Possible difficulty in breathing
- Danger
 - Medical emergency. Take to hospital immediately
- Treatment
 - If your child has a deep wound that can be contaminated with garden soils, rust or animal excrement take them to hospital immediately
 - Tetanus injection is necessary

NB: The importance of vaccination against this preventable disease must not be forgotten



Every disability has a possibility

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Tonsillitis

- Symptoms
 - Sore, inflamed throat and swollen tonsils
 - Fever
 - Trouble swallowing
 - Ear pain
- Danger
 - Consult doctor
- Treatment
 - Paracetamol for pain and fever
 - Antibiotics
 - Keep child home for three days
 - If child suffers from tonsillitis on regular basis, it may be necessary to remove tonsils



Throat infection

- Symptoms
 - Fever
 - Sneezing and runny nose
 - Coughing
 - Vomiting
 - Rash
 - Red tongue and throat, pain when swallowing
- Danger
 - Can pass on its own, but can be dangerous if child starts vomiting, has a rash and red tongue and does not want to eat or drink. Make an appointment with the doctor if child does not improve.
- Treatment
 - Cold drinks that does not contain acid
 - Paracetamol and Ibuprofen



Thrush

- Symptoms
 - Child does not want to feed because of sore mouth
 - White dots on tongue and insides of mouth
- Danger
 - Contact clinic sister or pharmacist for advice and over the counter medication
- Treatment
 - Gel or drops for baby's mouth that will kill fungus
 - Anti fungal cream for nipples (if still breastfeeding)
 - If baby drinks bottle, disinfect bottles properly



Tuberculosis

- Symptoms
 - Cough that lasts for more than three weeks
 - Weight loss and listlessness
 - Fever
 - Night sweats
- Danger
 - Make an appointment with doctor to have child tested especially if a family member has it – baby's are very susceptible to infection
- Treatment
 - Easily curable if treatment is started as soon as possible and finished – usually a six month course



Vomiting

- Symptoms
 - Vomiting
- Danger
 - Needs immediate treatment if child is vomiting green/yellow substances, if he has been experiencing abdominal pain for more than six hours or if child is less than six months old
 - Take to doctor immediately if child is complaining of headache, stiff neck or has rash that is not raised and that does not go away if you press on it
 - Take to doctor if child is vomiting after a fall and is abnormally drowsy
- Treatment
 - Give extra fluids (sips of water and rehydration solution) and anti nausea medication



Every disability has a possibility

REG NO: 2014/004798/08

Whooping cough

- Symptoms
 - Child will complain they are very tired and has no appetite
 - Runny nose and watery eyes
 - Short, dry cough usually at night
 - Later on child will cough when he breaths in and out and he will make a hop sound when breathing
 - Coughing can lead to vomiting
- Danger
 - Take to doctor if you think your child has whooping cough so that antibiotics can be prescribed. Recovery can take up to three months
- Treatment
 - Give soft food and lots of water
 - Stop coughing by lightly beating child on the back
 - Take turns looking after child at night

NB: The importance of vaccination against this preventable disease must not be forgotten



Every disability has a possibility

REG NO: 2014/004798/08

Worms

- Symptoms
 - Colicky stomach pain and vomiting
 - Short of breath and/ or coughing
 - Loose, bloody stools
 - Anemia
 - Itchy, inflamed anal area and itchy vulva (girls)
 - Sometimes the worms is visible in stools
- Danger
 - Contact your doctor
- Treatment
 - Medication to kill the parasite
 - Children can be dewormed from one year of age. It is recommended that children needs to be dewormed every six months. It is suggested to deworm the whole family, as well as any pets in the home . **Ask your pharmacist for the safest over the counter remedy suited for your family and children**



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X-rays

- Do not let child have x-rays unnecessarily
- Explain to child what is going to happen

