

MOST COMMON INFECTIOUS DISEASES AMONG CHILDREN IN EARLY CHILDHOOD EDUCATION

Guardians' guide

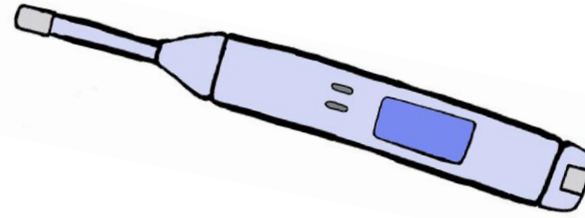
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FEVER



- Fever is an inflammatory response in the body caused by a virus or bacteria.
- A child is considered to have a fever when they have a temperature above 38C if taken from the rectum, and above 37.5C when taken from the ear.
- A fever will typically last 3–7 days.
- In a mild fever, you can care for your child at home. Whether you should see a doctor depends on the overall condition of your child.
- You can make your child more comfortable by cooling their skin with lukewarm wraps and removing excessive clothing. You can use anti-inflammatory medicine to reduce the fever. Follow the dosage instructions on the package leaflet.
- Make sure your child is hydrated. Signs of dehydration in children include dry eyes and small quantities of urine, a reduction in skin elasticity and generally feeling ill.
- Complications may include febrile convulsions; this means that the child's limbs twitching and it is difficult to make eye contact with the child. The seizure lasts a few minutes and is not fatal to the child. However, you should contact the accident and emergency department.

Your child may return to early childhood education after one day without fever.



RESPIRATORY INFECTIONS: COLDS

- A cold is an infection in the upper respiratory tract caused by a virus.
- It is the most common children's disease and it mainly occurs in the autumn and winter.
- Symptoms include blocked and runny nose, sore throat and fever.
- Cough and red eyes are also common in a cold.
- Respiratory tract infections can trigger urticaria in children. It is a rash with raised red, itchy and fast-moving patches. You can alleviate the symptoms with antihistamine. If the symptoms are intense, you should contact the pediatrician on call.
- A cold will often heal by itself. You can use anti-inflammatory medicine to reduce the fever.
- Your child may find it difficult to blow their nose, and you can alleviate congestion by using saline drops or sprays for the nose. You should only use sprays for a few days.
- You should not treat a child's cough with cough medicines, as research has shown that they cause more harm than good.
- It is a good idea to elevate the end of your child's bed for easy breathing.

Your child may return to early childhood education after one day without fever.



RESPIRATORY INFECTIONS: TONSILLITIS

- Tonsillitis that causes a sore throat often develops when you have a cold.
- Tonsillitis may be caused by a virus or bacteria. Bacterial infections are rare in children below the age of 3.
- The symptoms are different in viral and bacterial infections.
- A bacterial infection is characterized by high temperature, swollen lymph glands in the neck, a sore throat and pale coating on the tonsils. Patients do not usually have a cough or a runny nose.
- You should see a doctor if the child has any of the following symptoms: drooling, a throaty voice or difficulty swallowing, limpness, poor general or if the child is limp, fever, or if the child feels generally ill.
- Bacterial infection is detected using a rapid test or a throat culture. Infections caused by A streptococcus are often treated with a course of antibiotics prescribed by a doctor. No antibiotics are required for viral infections.
- Your child may find it difficult to eat because of the sore throat, and it is important to make sure at home that your child stays hydrated. Signs of dehydration in children include dry eyes and small quantities of urine, a reduction in skin elasticity and generally feeling ill.
- You should replace your toothbrushes with new ones 2–3 days after starting the antibiotics.

Your child can return to early childhood education when the child is feeling well generally, or two days after the start of the antibiotic treatment.



STOMACH BUGS

- Sudden stomach bugs are the most common children's diseases.
- The most common are the rotavirus and norovirus. The incubation period of rotavirus is around two days, and the incubation period of the norovirus is 10–48 hours, usually 24 hours.
- They are highly contagious.
- Symptoms include rapid onset of vomiting, diarrhea, and sometimes fever.
- Severe diarrhea and vomiting can cause dehydration, which may require hospital treatment. This may mean intravenous hydration. Signs of dehydration in children include dry eyes and small quantities of urine, a reduction in skin elasticity, and generally feeling ill.
- You can treat stomach bugs by making sure your child stays hydrated and, if necessary, you can buy rehydration drinks from the pharmacy to compensate for lost salts. You should not use these drinks to replace normal drink or food.
- How much normal drink your child needs depends on the severity of vomiting and diarrhea. The more severe the vomit and diarrhea, the greater the need for fluids.



We recommend that you bring your child back to early childhood education only after two days with no symptoms.



PARASITIC DISEASES: HEAD LICE

- Head lice are small parasites that live in hair, particularly behind the ears and in the neck.
- Their eggs look like semolina grains, and they usually attach to hair close to the scalp.
- They spread through hair, hair accessories and hats.
- The symptom is a severely itchy scalp.
- Before treatment, you should inspect the hair on all family members and only treat those with lice. To treat head lice, wash the hair with lice shampoo and comb the hair with a lice comb. Repeat the treatment after one week.
- Wash your bedlinen, clothes and other textiles in a hot wash (60 degrees Celsius). Place hair accessories and soft toys, etc. in an 80-degree sauna for a few hours or in a freezer in sealed plastic bags for a couple of days.

You must notify your child's early childhood education group of the infestation. You can take your child back to the group after you have washed your child's hair with lice shampoo.



PARASITIC DISEASES: PINWORMS

- Pinworm is a white, 3–13 mm parasite that lives in the human intestines.
- They spread when children transfer the eggs from their fingers to their mouth. Eggs spread easily through bedlinen, door handles and hands.
- The symptom is severe itching around the anus, particularly at night.
- You must treat the whole family with Pyrvin tablets that you can buy in the pharmacy without a prescription. Repeat the treatment after two weeks.
- In addition to medical treatment, you should change the bed linen, wash toys, and clean your home with particular attention to surfaces such as door handles. You should clip your child's nails and pay attention to hand hygiene.

You must notify your child's early childhood education group of the infestation. You can take your child to early childhood education once you have started the medication.



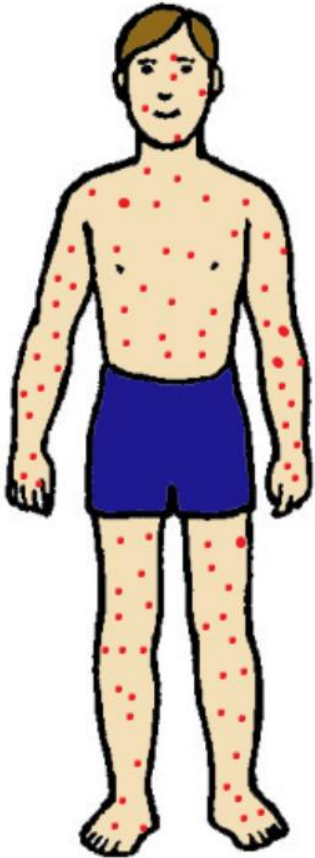
PARASITIC DISEASES: SCABIES

- Scabies mite is a parasite lives on the surface of human skin and burrows into it.
- It is transmitted through skin contact or through bedlinen.
- The symptom is severe itching in the evening.
- You can sometimes see changes in the skin caused by scabies, particularly in the wrists, palms, soles and between fingers.
- You should treat the whole family at the same time with permethrin cream that you can buy in the pharmacy without a prescription. You spread the cream on the whole body except for mucous membranes. If the itching continues, repeat the treatment after one week.
- You must wash bedlinen and other textiles in a hot wash (60°C) or place them in an 80-degree sauna for a couple of hours.

You must notify your child's early childhood education group of the infestation. You can take your child back to early childhood education once they have been treated.



POX DISEASES: CHICKENPOX



- Chickenpox is a highly contagious fever disease caused by one of the herpes viruses.
- It spreads through skin contact with infected children with blisters or through the air. The incubation period is 10–21 days.
- Before the blisters appear, the first symptoms may include loss of appetite, headache, fever and fatigue. Sometimes the disease may be mild and cause no fever.
- However, the most typical symptom is a severely itchy, blistering skin rash.
- Chickenpox will usually pass on its own in about a week. You can give your child anti-inflammatory medicine to bring down the fever and alleviate the itching with antihistamine. You can also buy creams and other products in the pharmacy to alleviate the symptoms.
- Once chickenpox heals, you usually become immune to it.
- Chickenpox vaccine was introduced to the national vaccination program on 1 September 2017.

The child must be kept at home until the blisters have crusted over, which is usually around five days.



POX DISEASES: HAND, FOOT AND MOUTH DISEASES

- Hand, foot and mouth disease is a highly contagious disease caused by viruses from the Enterovirus genus. It is most common during late summer and early autumn.
- It is transmitted through contact with feces or hands or through the air. The incubation period is 3–7 days.
- The first signs are weakness, pain when swallowing, fever, headache and stomach symptoms.
- After about two days of the first symptoms, red areas appear in the palms, wrists, soles and mucous membranes in the mouth that can develop into blisters or ulcers.
- The difference between this disease and chickenpox is that the blisters do not itch.
- In a child, the symptoms are often mild and the disease will heal on its own in 7–10 days.
- You can prevent the disease by enhancing hand hygiene.



You can take your child back to early childhood education once they have no fever and they feel generally well.



POX DISEASES: THREE-DAY FEVER

- Three-day fever is a fever disease caused by a herpes virus, and it is common among children under the age of three.
- Highly contagious through saliva. The incubation period is 5–15 days.
- Symptoms include high fever and possibly other local symptoms, such as diarrhea, irritability and redness in the eyes.
- When the fever drops, a pimply or blotchy rash will develop, often starting from the ears and spreading across the body.
- It is difficult to distinguish the three-day fever from other infections during the fever, and you should take your child to the doctor.
- The disease will heal on its own. However, you can alleviate the fever and irritability with anti-inflammatory medicine.



The three-day fever typically lasts three days, and you can take your child back to early childhood education once they feel generally well and the fever is gone, regardless of the rash.



POX DISEASES: FIFTH DISEASE

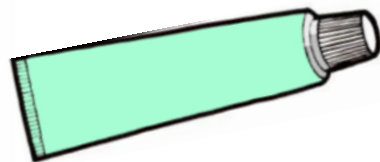
- Fifth disease is caused by the Parvovirus and it is most common among children aged 5–15.
- Spreads through the air. The incubation period is 4–28 days.
- The first signs include fever, cold symptoms and headache.
- Around a week after the first symptoms, a rash will develop on the child's cheeks, spreading to the body and limbs within 1-4 days.
- Fifth disease passes on its own and the symptoms are often mild.

The virus is no longer contagious once the rash appears. You can take your child to early childhood education once they feel generally well, even if they still have a rash.



OTHER INFECTIONS: IMPETIGO

- Impetigo is an easily contagious superficial skin infection caused by bacteria that occurs especially in late summer.
- Transmitted by skin contact. The incubation period is 2–5 days.
- The initial symptom is an oozing blister that develops around the nose or mouth.
- If the child touches or scratches the blisters, they may spread to other parts of the body. When the blisters burst, they ooze pus that forms a hard crust on the skin.
- You can often treat small, wet skin areas with an antibiotic cream containing neomycin and bacitracin that you can buy in a pharmacy without a prescription. Apply the cream to the infected skin twice a day for about a week after washing the area with soap.
- For larger, inflamed areas of skin, you will need a course of antibiotics prescribed by a doctor.

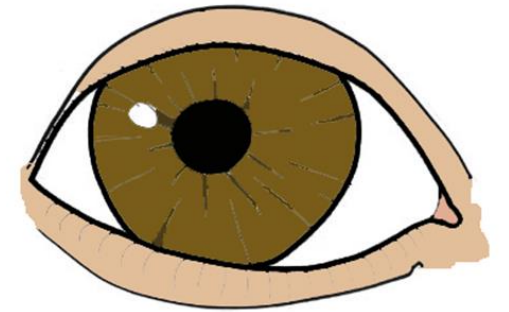


You can take your child back to early childhood education two days after starting the local treatment, or a day after starting the course of antibiotics.



OTHER INFECTIONS: EYE INFLAMMATION

- There are several causes of eye inflammation.
- It is transmitted through the hands.
- Symptoms include redness of the eye, stinging and eye pus.
- An eye inflammation connected to a cold will often heal on its own.
- You should rinse the eyes with cotton wool dampened with lukewarm boiled water several times a day. In addition, your doctor may prescribe antibiotic eye drops or an antibiotic ointment.
- You should all have your own face and hand towels at home.
- You can take your child to early childhood education if they have an eye inflammation.



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