

CHILDHOOD HEALTH CONDITIONS



*Signs and symptoms vary,
Some or all may be present,
Seek medical assistance.*

Meningococcal Disease

- Fever
- Difficulty feeding or reduced feeds
- Irritability
- Tiredness and floppiness
- Seizures
- High-pitched moaning cry
- Bulging fontanelle (the soft spot on the top of their head)
- Pale or blotchy skin
- Rash (red/purple spots that don't fade under pressure)



Meningitis

- Fever or low temperature
- Irritable, drowsy or difficult to wake
- Poor feeding
- Feeling stiff or floppy
- Vomiting and diarrhoea
- Pale or blotchy skin
- Seizures
- Bulging fontanelle (the soft spot on top of their head)
- An unusual or high-pitched cry



Chicken Pox

- Itchy rash with red spots that turn into fluid-filled blisters
- Blisters crust over after a few days
- Fever
- Headache, feeling tired or irritable



Febrile seizures

- May lose consciousness
- Become stiff or floppy
- Make jerking or twitching movements
- Go red or blue in the face
- Roll their eyes back
- Froth at the mouth
- Make gurgling noises when they breathe
- Usually last 1-2 minutes



Whooping Cough

- Runny nose, sneezing, mild dry cough and fever (early stage)
- Intense coughing fits
- "Whoop" sound when gasping for breath
- Vomiting after coughing
- Fainting
- Broken ribs
- Poor bladder control



Ear Infection

- Redness or swelling around the ear
- Ear pain or pulling/rubbing ear
- Fever
- Irritability or crying
- Difficulty hearing/speaking
- Balance problems



Gastroenteritis (gastro)

- Diarrhoea
- Loss of appetite
- Vomiting
- Nausea
- Stomach ache
- Fever
- Decreased wet nappies reduced fluid intake



Mumps

- Fever
- Headache
- Tiredness
- Body aches
- Poor appetite



Hand, foot & mouth disease

- Rash
- Small mouth ulcers so may refuse food and drink
- Blisters on hands and feet
- Provide fluids to avoid dehydration



Measles

- Fever
- Feeling unwell
- Severe cough
- Conjunctivitis (red eyes)
- Runny nose
- White spots in the mouth
- Rash starting on face spreading to body



Upper respiratory tract infections (colds/flu)

- Runny or blocked nose
- Sneezing
- Cough
- Sore throat
- Mild fever
- Irritability or tiredness
- Decreased appetite



Croup

- Starts with cold symptoms – fever, sore throat, red eyes, runny nose
- Barking cough (like a seal)
- Wheezing
- Raspy or hoarse voice when crying or talking
- Stridor (high-pitched breathing sound)
- Floppiness, in severe cases
- Chest retractions, in severe cases – when the skin between ribs or under their neck may be pulled in when they breathe and cough
- Worse at night



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