### Illness

**Chicken Pox**

A rash that starts as small red bumps which quickly change into itchy, fluid-filled blisters. The blisters eventually dry up and leave scabs. Chicken Pox is highly contagious through touch, sneezing, coughing or even breathing.

**Asthma**

Asthma is a chronic condition in which a person's airways become inflamed and narrow, causing wheezing, chest tightness, shortness of breath, and coughing. Symptoms can be triggered by allergens, infections, and exercise.

**Cold**

A cold is characterized by a stuffy or runny nose, sore throat, cough, and fatigue. Symptoms can vary from day to day.

**Croup**

Croup is an infection of the upper respiratory tract that causes the trachea and larynx (voice box) to swell and become inflamed. Symptoms include a barking cough and hoarseness.

**Coxsackie**

Coxsackie virus is a common cause of hand, foot, and mouth disease, which can cause fever, rash, and sore throat in young children.

**Diarrhea**

Diarrhea is characterized by frequent, loose, watery stools. It can be caused by infections, food allergies, or certain medications.

**Flu**

The flu is a common viral illness that can cause fever, muscle aches, fatigue, and sometimes a sore throat.

**Gastroenteritis**

Gastroenteritis is a gastrointestinal illness that can cause abdominal pain, vomiting, and diarrhea.

**Pneumonia**

Pneumonia is an infection of the lungs caused by bacteria or viruses. Symptoms can include fever, cough, chest pain, and shortness of breath.

**Rash**

A rash is a common symptom of many illnesses, including infections, allergies, and skin conditions.

### Symptoms to watch out for

**When should I call the pediatrician?**

**With all this in mind, you should call the doctor if:**

1. Your baby is younger than three months and has a rectal temperature of 100.4°F (38°C) or higher.
2. Your baby is three months or older and has a rectal temperature above 101°F (38.3°C).
3. You are worried—no matter what the time or temperature.

**Symptoms to watch out for**

**Any of the following symptoms could indicate a more serious problem when coupled with a fever and should be treated by a physician:**

1. Your baby has lost her appetite, has little energy or is noticeably pale; or you notice other changes in her behavior and appearance.
2. Your baby has small, purple-red spots on his skin that don't turn white when you press on them or large purple blotches; both of these can signal meningitis, an infection of the brain.
3. Your baby has difficulty breathing even after you clear her nose with a bulb syringe.
4. Your baby seems delirious, glassy-eyed, or extremely cranky or irritable; these could signal a serious viral or bacterial illness.

### How can I recognize my child's illnesses?

**A child shouldn't go to child care if he has any of the following:**

- Fever, irritability, lethargy, persistent crying or difficulty breathing
- An upper respiratory illness such as bronchitis or a bad cold
- A gastrointestinal illness, blood or mucus in the stools or vomiting
- Rash if it’s linked to an infection
- Bacterial conjunctivitis (pinkeye) or yellow discharge from the eye
- Strep throat or mouth sores that cause excessive drooling
- Untreated head lice