Illnesses

**An allergy is a physical reaction to a substance in the environment. When a child comes into contact with one of these substances, known as allergens, either on the skin, in the blood, by touching, breathing, or eating it, or having it injected, his body releases histamines to fight it.**

**Asthma**
Asthma is a chronic condition in which a person's airways become inflamed and narrow, causing wheezing, chest tightness, coughing, and shortness of breath.

**Chicken Pox**
Chicken pox is an illness that starts as small red bumps which quickly change into tiny water blisters on a pink base. The blisters then develop into yellow crusts, which finally become scabby crusts that fall off after about two weeks.

**Cough**
Coughing is a common symptom of many illnesses, including colds, flu, bronchitis, and pneumonia.

**Cold**
A cold is characterized by a stuffy or runny nose, sneezing, sore throat, and cough.

**Croup**
Croup is an infection in the upper respiratory tract that causes the voice to sound like a bark or a whisper.

**Diabetes**
Diabetes is a disease in which the body does not produce enough insulin or uses insulin poorly.

**Ear pain**
Ear pain can be caused by an infection, injury, or by an object getting stuck in the ear.

**Flue**
Flue is a contagious disease that spreads through the air and affects the nose, throat, and lungs.

**Fever**
Fever is a common symptom of many illnesses, including colds, flu, bronchitis, and pneumonia.

**Gastroenteritis**
Gastroenteritis is an inflammation of the stomach and intestines, which can cause nausea, vomiting, diarrhea, and fever.

**Mumps**
Mumps is a contagious disease that causes swelling of the salivary glands, fever, and pain.

**Pneumonia**
Pneumonia is a lung infection caused by bacteria, viruses, or fungi, which can cause coughing, fever, chills, and shortness of breath.

**RSV**
RSV is a common cold-like virus that can cause serious illness in young children.

**Sore Throat**
Sore throats can be caused by a cold, flu, strep throat, or other infections.

**Stomach Flu**
Stomach flu is a viral infection that affects the stomach and intestines, causing nausea, vomiting, and diarrhea.

**Stomatitis**
Stomatitis is a sore mouth caused by an infection or injury.

**Tonsillitis**
Tonsillitis is an infection of the tonsils, which can cause a sore throat, fever, and swollen glands.

**Vomiting**
Vomiting is the act of forcefully expelling stomach contents through the mouth.

**Wheeze**
Wheeze is a whistling sound that occurs when air moves through narrowed bronchial tubes.

**Whooping Cough**
Whooping cough is a contagious disease that causes severe coughing, which can lead to pneumonia.

**Pneumonia**
Pneumonia is an infection of the lungs that can be caused by bacteria, viruses, or fungi.

**Gastric Reflux**
Gastric reflux is a condition in which stomach contents flow back up into the esophagus.

**Eczema**
Eczema is a skin condition that causes itching and redness.

**Colic**
Colic is a term used to describe persistent crying (usually in the afternoon or evening) in an otherwise healthy baby.

**ACTION ITEMS**

**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 (38.0°C) or higher.
2. Your baby is three months or older and has a rectal temperature above 103°F (38.3°C).

You’re the best judge of whether your baby is really ill, so call if you’re worried, no matter what his temperature is. Besides, temperature isn’t the only indication of whether his illness is serious. His age is a factor (fever is more serious in babies under three months), and so is his behavior (a high fever that doesn’t stop him from playing and looking normal may not be cause for alarm). Keep in mind that he’ll feel hotter if he’s been running around than if he’s waking up from a nap.

**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. Page your pediatrician, call 911 or go to the emergency room immediately:**

1. Your baby has lost her appetite, has little energy or is noticeably pale or you notice 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 blisters; 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 defective, glassy-eyed, or extremely cranky or irritable; these could signal a serious viral or bacterial illness.

Source: BaboOnline.com.