**Illness**

**Chicken Pox**
- Chicken pox is a viral illness that starts as small red bumps which quickly change into itchy, fluid-filled blisters that finally become dry crusts within about four days. Highly contagious through touch, sneezing, coughing, or even breathing.

**Asthma**
- Asthma is a chronic condition in which a person's airways can become inflamed and narrow when exposed to certain triggers, causing coughing, wheezing, shortness of breath, and chest tightness.

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

**Croup**
- Croup is an infection in the upper respiratory tract that causes the vocal cords to swell, making it hard for a child to breathe. The cough can be hacking or barking.

**Coxsackie**
- Coxsackie is a type of virus that can cause a mild cold. It is often spread by coughing, sneezing, or touching contaminated surfaces.

**Ear Infection**
- Ear infections can be caused by a virus or bacteria, and the symptoms can include pain, redness, and congestion.

**Stomach Flu**
- Stomach flu can be caused by a virus, and symptoms may include nausea, vomiting, and diarrhea.

**Pneumonia**
- Pneumonia is an infection of the lungs that can be caused by bacteria or viruses, and symptoms may include coughing, fever, and shortness of breath.

**Gastric Reflux**
- Gastric reflux disease is characterized by frequent stomach discomfort and difficulty swallowing.

**Whooping Cough**
- Whooping cough is a highly contagious disease that can cause severe coughing fits.

**Respiratory Syncytial Virus (RSV)**
- RSV is a common virus that can cause respiratory infections in young children.

**How can I recognize my child's illnesses?**
- Fever, irritability, lethargy, persistent crying or difficulty breathing
- A 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 (pink eye) or yellow discharge from the eye
- Steep throat or mouth sores that cause excessive drooling
- Unexplained weight loss

**ACTION ITEMS**

**When should I call the pediatrician?**

**With all this in mind, you should call the doctor if:**
- Your baby is younger than three months and has a rectal temperature of 100.4°F (38°C) or higher.
- Your baby is three months or older and has a rectal temperature above 101°F (38.3°C). You are worried—no matter what the time or temperature.

**Symptoms to watch out for**

- 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.
- Your baby has difficulty breathing even after you clear her nose with a bulb syringe.
- Your baby seems delirious, glassy-eyed, or extremely cranky or irritable; these could signal a serious viral or bacterial illness.