

Common Childhood Illnesses

Bronchiolitis (RSV)

What is Bronchiolitis?

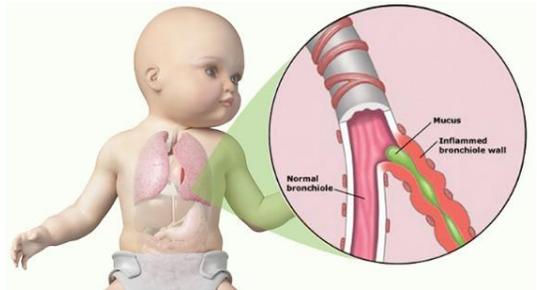
- A common illness affecting the tiny airways (bronchioles) that lead to the lungs
- The virus causes the airways to swell and fill up with mucus. This can make breathing more difficult
- Most often affects infants (during the first 2 years of life) and young children because their noses and small airways can become blocked more easily than those of older kids and adults

What causes Bronchiolitis?

- A viral infection, most commonly RSV (respiratory syncytial virus)
- Exposure to cigarette or marijuana smoke can increase a child's risk for bronchiolitis

Symptoms of Bronchiolitis

- First symptoms are similar to the common cold: stuffy nose and congestion, runny nose, cough, fever
- After a day or two, cough becomes worse and wheezing develops
- Symptoms can last from 12 days to multiple weeks
- **Watch out for:** fast/shallow breathing, retractions (area between the ribs and neck sinks in when a child inhales) and nostril flaring (nostrils widen when breathing)



Treatment for Bronchiolitis

- Keep your child hydrated
- Humidifier: to help loosen mucus in the airway and relieve cough and congestion
- Bulb syringe: to clear nasal congestion
- Acetaminophen: if needed for fever symptoms
- Antibiotics will not be useful
- **Get immediate help if** your child is having difficulty breathing or if their lips or fingernails appear blue

Viral Gastroenteritis

What is Viral Gastroenteritis?

- A viral infection of your intestines (gut)
- Very common
- Spreads very easily

What causes Viral Gastroenteritis?

- Norovirus, Rotavirus (vaccines can prevent), Adenovirus, Astrovirus
- Not the flu, unless a child also has body aches, fevers and respiratory symptoms

Symptoms of Viral Gastroenteritis

- Watery diarrhea
- Abdominal pain/cramping
- Nausea or vomiting
- Sometimes fever

Treatment for Viral Gastroenteritis

- Keep your child hydrated to prevent dehydration
- Antibiotics won't be useful
- *Get immediate help if* your child has severe dehydration (not urinating enough, lack of energy, dry mouth, sunken eyes or cheeks, no tears when crying)



Viral Upper Respiratory Illness (Viral URI)

What is a Viral Upper Respiratory Illness?

- A viral infection in the sinuses, nasal passages and/or the throat
- Most common in the fall and winter months
- Also called the "common cold"

What causes Viral Upper Respiratory Illness?

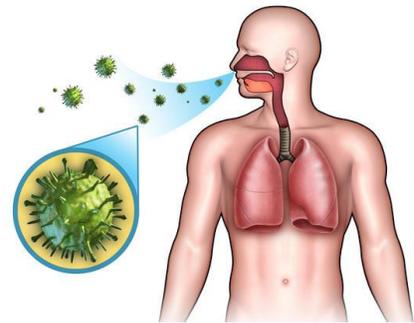
- More than 200 different viruses

Symptoms of Viral Upper Respiratory Illness

- Clear, runny nose
- Sore throat
- Cough

Treatment of Viral Upper Respiratory Illness

- Keep your child hydrated
- Rest
- Antibiotics will not be useful
- *Seek medical treatment if* symptoms are getting worse after 7 days or your child has breathing difficulty, eye pain or severe head pain.



Pink Eye (Conjunctivitis)

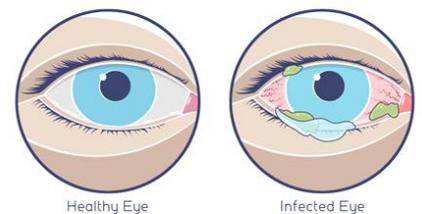
What is Pink Eye?

- Inflammation of the thin, clear tissue that lines the inside of the eyelid and the white part of the eyeball (conjunctiva)
- The inflammation makes blood vessels more visible and gives the eye a pink or reddish color
- Very common and spreads easily

What causes Pink Eye?

- Viruses (most often), bacteria, allergens (pet dander, dust mites), irritants (swimming pool chlorine)
- Some signs and symptoms are the same no matter the cause

Symptoms of Pink Eye



- Redness or swelling of the white of the eye or inside the eyelids
- Tearing
- Eye discharge
- Itchy, irritated eyes
- Crusting of the eyelids or lashes
- See a doctor if your child has: eye pain, difficulty seeing, very red eyes, symptoms that don't improve or get worse
- Infants or newborns should see a healthcare provider immediately

Treatment of Pink Eye

- Cold compresses
- Antibiotics
- Allergy medication if caused by an allergen (something a child is allergic to)

Croup

What is Croup?

- Inflammation of the airways in children
- Causes breathing difficulties
- Affect children up to age 5
- Most often seen in the fall

What causes Croup?

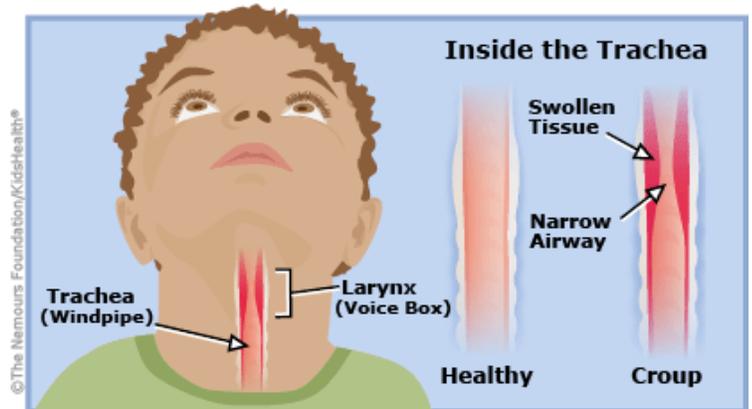
- Infections cause the windpipe and voice box to become irritated and swollen
- The same viruses that cause the common cold

Symptoms of Croup

- "Barking" cough
- High-pitched, squeaky noise when breathing (stridor)
- Worse at night or when child is upset/crying
- Cold symptoms
- Watch out for: fast/shallow breathing, retractions (area between the ribs and neck sinks in when a child inhales) and nostril flaring (nostrils widen when breathing)

Treatment of Croup

- Try to keep your child calm, as crying makes symptoms worse
- Cool-mist humidifier
- Cool air
- Keep your child hydrated
- Rest
- Get immediate help if your child has pulling in of the neck and chest muscles when breathing, trouble breathing, or is pale/blueish around the mouth



Sources:

<https://www.niddk.nih.gov/health-information/digestive-diseases/viral-gastroenteritis/symptoms-causes>

http://sim.stanford.edu/resources/smg_patient_info/URI10-11.pdf

<https://www.cdc.gov>

<https://kidshealth.org>

Pictures

http://www.momjunction.com/articles/bronchiolitis-in-infants-causes-and-symptoms_00329923/#gref

<https://www.healthtap.com/topics/augmentin-for-uri>

<http://www.patedu.com/englisha/topic/viral-gastroenteritis>