

# CHILDHOOD ILLNESSES

Signs and symptoms vary,  
some or all may be present,  
seek medical assistance.

## Meningococcal

- fever / headache
- irritability / fretfulness
- refusing to feed / loss of appetite
- neck stiffness / sore and aching
- grunting / moaning /slurred speech
- extreme tiredness / floppiness / collapse
- nausea / vomiting / diarrhoea
- eyes sensitive to light
- convulsions / twitching
- rash of red / purple pinprick spots or larger bruises



## Meningitis

- eyes sensitive to light
- neck stiffness / joint pain
- drowsiness
- vomiting
- fever / headache
- blotchy skin or rash
  - does not fade with pressure



## Chicken Pox

- mild fever & generally unwell
- intensely itchy rash
- blisters start on body move to head and limbs
- possible ulcers in mouth
- blisters burst and form scabs



## Worms

- itchy bottom
- restless sleep
- teeth grinding in sleep



## Whooping Cough

- severe cough occurs in bouts
- 'whooping' sound breathing in
- vomiting after a coughing bout
- stop breathing momentarily may turn blue



## Mumps

- fever
- headache
- fatigue
- weight loss
- pain when swallowing
- swollen gland/s (in front of ear)



## Tonsilitis

- sore throat / difficulty swallowing
- swollen glands under each side of jaw
- fever
- bad breath
- swollen tonsils, may have white or yellow pus



## Bronchitis

- sore throat / blocked nose
- fever and chills / aches and pains
- tiredness / headaches
- difficulty breathing
- tight chest / wheeziness
- dry cough, then cough with phlegm



## Measles

- fever & generally unwell
- runny nose
- dry cough
- sore red eyes
- red and bluish spots in mouth
- red spreading rash starts on face



## Epiglottitis

- sore throat / difficulty swallowing
- difficulty talking
- hoarse voice
- fever
- very sick looking
- drooling
- stridor



## Croup

- usually starts with a cold
- noisy high pitched breathing
- harsh barking cough
- difficulty breathing



## Phlegm

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