



3 Common infectious diseases

**(including bacterial, viral and
other such infectious diseases)**



Measles

What is it ?

This is a highly contagious disease caused by the measles virus.

Once an infant is infected with this virus, he may appear to be in serious condition.

The first sign is a fever with a runny nose and cough. These symptoms are similar to those of the common cold. After a continuous fever of 38 C, the fever will go up and down.

Rashes start to appear simultaneously and the fever, along with a severe cough, will last for 3-4 days. This period will be very uncomfortable for the baby. The fever will most likely last more than 7 days, and the color of the rashes will darken.

The baby's condition will then improve 2 or 3 days later, and the baby's appetite will return.

Treatment

Internal medicine : To reduce fever, a fever medicine is recommended.

It is important to administer medications as directed, and pay close attention to the interval between each dose.

Antibiotics : These are prescribed to prevent further complications, such as internal inflammation of the ears and pneumonia.

Intravenous Drip : This will be given to the baby to prevent dehydration if he is not getting enough liquids on his own.



Home Care

Fever : The high fever will continue and the child will lose his appetite and become irritable.

Medications should be administered according to a physician's instructions.

Food : Due to the inflammation in the throat, the child should be given soft foods, such as puddings, jellies, noodles, bean curd and soups.

Liquid : A lot of liquids, such as juices, teas and ion drinks should be given.

The child should be fed the liquid slowly using a dropper or spoon.

Bath : If a baby has a high fever, don't give him a bath.

Always keep the baby clean by giving a sponge bath.

Clothes : The baby should be dressed in comfortable clothing.

Others : Make sure the child gets plenty of rest.

School/Kindergarten/Day Care Center

It can spread to other children up to the third day after the fever has come down.

Keep the child home until a doctor's permission is given.

Precautions

Children who have been exposed to, but are not immunized against measles, can receive some protection from a gamma globulin shot during the incubation period of the infection.

Gamma globulin is a blood product which can create a rapid but temporary immunity in people who have been exposed to measles.

Rubella

What is it ?

Rubella is caused by the Rubella virus. The first symptom is a fever followed by the appearance of a red rash over the entire body. The rash should start to disappear within 3-4 days.

Although fever is common, some people infected with Rubella show no signs of fever at all.

Patients may also notice some swelling of the lymph nodes at the back of the ears or neck..

Although Rubella is often referred to as the "three day measles", it is not nearly as severe as measles.

Because symptoms are not so severe, Rubella can be difficult to diagnose.

Adults diagnosed with Rubella may suffer from severe headaches and painful body joints.

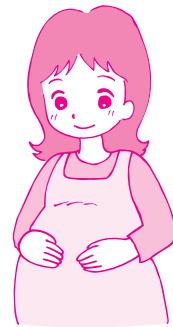
When a non-immune pregnant woman has been exposed, there is a high percentage of congenital abnormality or "Congenital Rubella Syndrome."

Treatment

No special medication, just a pain reliever and fever medication.

Home Care

As the symptoms are similar to the common cold, the medicine prescribed is the same. The most important thing is for the child to get plenty of rest.



School/Kindergarten/Day Care Center

When rashes are still noticeable, Rubella is considered to be contagious. A child can attend school with a doctor's permission only.

Precautions

If a pregnant woman gets rubella during the first 3 months of pregnancy, her baby has a good chance of having serious birth defects in ears, eyes, heart etc (Congenital Rubella Syndrome).

It is recommended that all women be tested for immunity to rubella before they become pregnant, and that they consider being vaccinated at that time if they are not immune.

Others

Because symptoms of rubella are mild, it may be indistinguishable clinically from a common cold in some cases.

Although vaccine-induced immunity is generally assumed to be lifelong, rubella antibodies may decrease. A blood test should be done for evidence of antibodies.

Chicken pox/Varicella

What is it ?

Chicken pox/Varicella begins with the gradual appearance of a rash of small red liquid-containing blisters. After about one week, all the blisters crust and scab.

Until the scabs form, the blisters are very itchy, and some children will be in a bad mood as they will have trouble sleeping.

When the rash covers a large area, children generally tend to have a higher fever for a longer period of time. Usually chicken pox/varicella proceeds naturally without serious complications. In some cases, however, children may develop severe symptoms requiring hospitalization and will be left with visible scars from the scabs.

Treatment

External Medicine : Ointment

For itchiness and inflammation, apply the ointment to the affected areas two or three times a day. Re-apply it without washing off the residue.

Apply the ointment only on the affected areas avoiding the eyes.

When scabs form, it is no longer necessary to apply the ointment.

Internal/Oral Medicine : Oral medicine should be taken to relieve itchiness.

Medicines that directly treat the virus are recommended to relieve the symptoms for those with sensitive skin or severe itchiness, dehydration or high fever.

Home Care

Bath : If a child has no fever, he should take a quick shower.

Meals : A child with chicken pox can eat anything.

When a child has chicken pox blisters inside his mouth, no solid food should be given.

Fever : If a child has a high fever, insert suppositories or give some anti-fever medicine.

Avoid giving aspirins which can cause Reye syndrome.

Others : To avoid bacterial infections or scar formation, be sure that the child's fingernails are properly trimmed.

Vaccination

The following persons should get vaccinated:

- those wanting to avoid being infected with chicken pox should get a vaccination within three days of contact with an infected person.
- children with sensitive/delicate skin or a weak immune system.
- adults who have never been ill with chicken pox.

School/Kindergarten/Day Care Center

Children with red chicken pox blisters should avoid all contact with other people until black scabs have formed.

Mumps ("Epidemic Parotitis" or Otafuku Kaze)

What is it ?

The medical term for otafuku kaze is "Epidemic Parotitis", but it is commonly known as the Mumps. Usually both cheeks are infected and swelling continues for about a week. Pain will gradually increase as the swelling worsens, and the infected person will feel uncomfortable.

Fever doesn't usually coincide with swelling, but if an infected person does have a fever, it usually lasts for about 3-4 days.

Treatment

Medication : Anti-fever medicine and pain killer

Compress : This treatment is effective, but some children don't like it.

Home Care

Food : Solid, dry, or hot foods should be avoided, because they will just add to the pain.

Soft foods such as puddings, jellies, rice porridges, bean curd, soups, milk and watery foods are recommended.

Bath : An infected person can take a bath if he has no fever and feels well.



School/Kindergarten/Day Care Center

An infected child should not go to school unless the swelling has subsided and he has a doctor's permission (about 7-10 days)

Precautions

1. Mumps can lead to more serious conditions like meningitis, pancreatitis and testitis.
2. If an infected person suffers severe headaches, vomiting, acute stomachaches, and pain in the testes, you should seek medical attention immediately.

There are some unrelated causes that contribute to the swelling of the saliva glands or the parotid gland.

Following are examples of conditions that appear to be the Mumps, but are not:

when swelling disappears within 2-3 days, this is caused by some other type of infection, not the Mumps.

when swelling increases in size and the affected area becomes red, this condition may be linked to a bacterial infection.

Hand, Foot & Mouth Disease

What is it ?

It is a type of cold ailment that usually occurs in the summer. As the name implies, hand, foot and mouth disease is characterized by small watery blisters appearing on the hand, foot and mouth. In most cases there is no fever involved, but if fever is present, it is usually gone in 2 or 3 days. Babies tend to become very irritable because the blisters inside the throat are painful and taking in food is very difficult.

Treatment

Antipyretic : Use a fever medicine if there is a high fever. Make sure to observe the time interval in between doses.

Oral Medication : Medicine to relieve a sore throat is prescribed.

Topical Medication : Topical ointments for the inside of the mouth are available, but not recommended for small children because application may be painful.

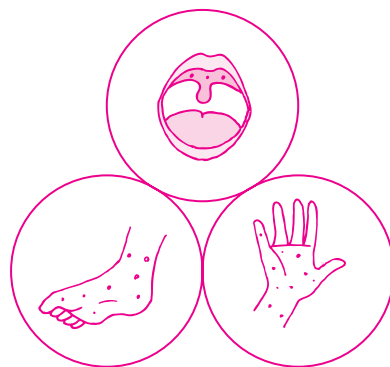
Home Care

Fever : It is advisable to use suppositories when the child does not feel well and has no appetite.

Meals : Because the inflammation inside the mouth is painful, give a soft diet of puddings, jellies, noodles, tofu, soups, etc.

Liquid Intake : The painful sores may cause the child to reject food. Give enough liquids such as juices, teas or ion supply drinks. If the child cannot drink enough in one serving, give it in small amounts several times throughout the day.

Bath : It is not advisable to give a bath if there is a prolonged fever. Maintain cleanliness by wiping the body. Give a bath only when the fever subsides and the child feels better.



School/Kindergarten/Day Care Center

To prevent the disease from spreading, children should stay home and take a rest until the fever is gone and the sore throat subsides, or until a doctor allows it.

Precautions

Failure to take enough liquids may cause dehydration. Intravenous injection and hospitalization may become necessary.

A severe headache and vomiting can also be signs of meningitis. Contact your physician for an emergency appointment.

Herpangina

What is it ?

This is a kind of summer cold. Without warning, the child will develop a fever of 39C or higher, lasting anywhere from 3-5 days.

Watery rashes will appear on the palate of the mouth causing pain and discomfort. Because of this condition, the child won't be able to swallow food and will become irritable.

Treatment

For fever : The fever will continue so it is important to administer medications as directed, and pay close attention to the interval between each dose.

For throat : To reduce the inflammation in the throat , medication will be prescribed.

Ointment : Ointments normally used on the throat will not be prescribed because of the blistery condition of the mouth.

Home Care

Fever : The high fever will continue and the child will experience a loss of appetite and will feel irritable. Medication should be given according to a physician's instructions.

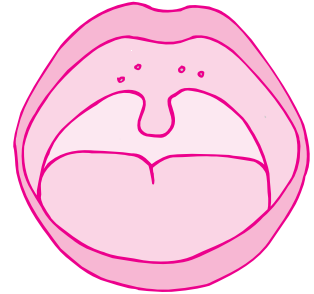
Food : Due to the inflammation of the throat, give the child soft foods, such as puddings, jellies, noodles, bean curd and soups.

Liquid : A lot of liquids such as juices, teas and ion drinks should be given.

The child should be fed the liquid slowly using a dropper or spoon.

Bath : If a baby has a high fever, don't give him a bath.

Always keep the baby clean by giving a sponge bath.



School/Kindergarten/Day Care Center

This illness is infectious, so the child should stay out of day-care, kindergarten and school until a doctor's permission is given.

Precautions

If a baby suffers from dehydration, he will require an intravenous drip at a hospital or hospitalization. Severe headaches and vomiting may be an indication of something more serious, such as meningitis. You should seek medical attention immediately.

PCF (Pharyngo Conjunctival Fever) or Pool Fever

What is it ?

This is a kind of summer cold. Without warning, the child will have a fever of 39°C or higher which will continue for 4-5 days.

PCF can easily be identified by such trademark symptoms as an inflamed throat and pinkish eyes. It is also referred to as "Pool Fever" because it can be picked up at public swimming pool.

Treatment

For fever : The fever will continue so it is important to administer medications as directed and pay close attention to the interval between each dose.

For throat : To reduce the inflammation in the throat, medication will be prescribed.

Home Care

Fever : The high fever will continue and the child will experience a loss of appetite and irritability. Medication should be administered as directed.

Food : Due to the inflammation of the throat, give the child soft foods, such as puddings, jellies, noodles, bean curd and soups.

Liquid : A lot of liquids such as juices, teas and ion drinks should be given.

The child should be fed the liquid slowly using a dropper or spoon.

Bath : If a baby has a high fever, don't give him a bath.

Always keep the baby clean by giving a sponge bath.

School/Kindergarten/Day Care Center

This illness is infectious, so the child should stay out of day-care, kindergarten and school until a doctor's permission is given.

Precautions

If the child's eyes are severely reddened, take him to see an eye doctor to be examined for damage to the surface of the eyes.



Erythema Infectiosum (Ringobyou)

What is Erythema Infectiosum ?

A virus called "parvovirus" causes this illness. It is commonly known as "ringobyou" where it got its name because both cheeks become as red as an apple. Within a day or two of the outbreak of the face rash, a spotted rash may spread over the arms and legs that later develops into pink lace-like blotches all over the limbs.

The rash on the face takes 2-3 days to disappear while the rash on the limbs fades within a period of one to two weeks. A slight fever sometimes occurs and the rash is mildly itchy. When adults are infected, they may develop swelling of the limbs, painful joints, and discomfort may last longer.

Treatment

This illness resolves itself and requires no special medication. Ointments or oral medication are prescribed for itching.

Home Care

Fever : When there is fever, use a fever medicine as directed.

Meal : There is no special restriction on meals.

Bath : It is alright to give a bath if there is no fever and the child feels well.

Bathing time should be short and bath water tepid. A hot bath will make the itching worse.

Exercise : There is no restriction to the child's diet; however, exposure to sun and heat may worsen itching.

Others : Trim nails to keep the child from hurting himself when scratching itchy areas.



School/Kindergarten/Day Care Center

The child is no longer contagious once the rash has appeared and may return to day care center, kindergarten or school.

Precaution

Pregnant women who get the disease may infect their unborn child and should consult an obstetrician at once.

Scarlet Fever (Streptococcosis)

What is it ?

This is a bacterial infection caused by streptococcus commonly found in the throat.

It is a contagious disease caused by a rapid progression of streptococcus in the throat, and is more common during spring and summer.

The throat becomes red, swollen, and painful, and reddish spots like strawberries are present on the tongue. These symptoms may be accompanied by fever. Taking antibiotics may lower the fever for one or two days. Small and light eruptions start to appear on the body and may cause itching.

Treatment

Oral medicine : Antibiotics should be taken for about 10-14 days.

The child should be given the full course of antibiotics, otherwise there may be a recurrence causing complications such as rheumatic fever and nephritis (inflammation of the kidney). Residues may remain in the heart or kidney.

External medicine : Ointment-This medicine is prescribed when rashes are unbearably itchy.



School/Kindergarten/Day Care Center

This illness is infectious, so the child should stay out of day-care, kindergarten and school until a doctor's permission is given.

Precaution

- Even if the symptoms have disappeared, antibiotics should be taken for 10-14 days.
- After 2 or 3 weeks, a urine test should be performed to check if there is any inflammation in the kidney which can occur after about 2 or 3 weeks.

Rotavirus Infection

What is it ?

Rotavirus is a gastro-intestinal flu caused by the rotavirus virus that commonly occurs during the winter. It is also known as white- stool disease (infantile diarrhea) or infantile diarrhea with vomiting. It is characterized by its cream or white colored stools accompanied by high fever and vomiting. This virus is highly contagious and can be transmitted by direct contact to other members of the family. Unlike any other intestinal flu virus, diarrhea and vomiting are usually severe in rotavirus infection. Take extra precautions as dehydration can occur at a rapid rate.

Treatment

Oral Medication : Anti-indigestion powders (tablets), or medicines for intestinal disorders are usually prescribed.

Intravenous Injection : Children with dehydration who are not getting adequate amounts of fluids may need intravenous fluids.

Hospitalization : May be necessary in cases of severe dehydration.

Home Care

Meals : It is important to give enough fluids to drink. Do not force feed the child if he does not want to eat.

Bath : Give a bath if there is no fever and the child feels better.

Wash only the buttocks if there is fever.

Why are the stools white ?

When the rotavirus multiplies in the intestines, the intestine fails to secrete digestive fluids called bile.

When the fat substances in food are not digested, it results in white-colored stool.



Whooping Cough

What is it ?

Whooping cough is a very contagious disease caused by an infection from the pertussis bacteria. It begins with symptoms similar to the common cold and cough, followed by severe coughing spells making breathing difficult. As the child gasps for air, a flute-like "whooping" sound is produced, giving the disease its name. This condition can continue for several weeks. Severe cases occur in small children and complications such as pneumonia, convulsions, or encephalitis may develop.

Treatment

Oral Medication : An antibiotic is prescribed to treat the pertussis bacteria (for 2-3 weeks)

Hospitalization : Patients with severe cases may require hospitalization when there is :

- Frequent loss of breath.
- Convulsions
- Cyanosis (bluish tint on face, lips, extremities)
- Weakening and paleness

Home Care

Room : Keep the room well ventilated and free from dust.

: Maintain a comfortable temperature and humidity level.

: Refrain from smoking inside the room.

Meal : Avoid stimulant foods (foods that are too cold, too hot, acidic or foods in powder form)

: Give frequent meals in small portions. Avoid overfeeding to minimize vomiting.

: Give nutritious foods that are easy to digest.

: Give enough liquids.

Cough : Raise upper part of the body when coughing is severe.

: Pat the back gently to help the child cough up phlegm.

Prevention

It is recommended that children be vaccinated against whooping cough, with a DTP immunization, to prevent the onset of this dangerous disease.

School/Kindergarten/Day Care Center

It is best to rest and wait for a doctor's permission (or until severe coughing spells have subsided).



Herpes Gingivostomatitis (Oral Herpes)

What is it ?

This illness occurs from an infection of the "herpes simplex" virus. Symptoms include painful sores in the mouth caused by inflammation of the mucous membranes (gingivostomatitis). When the sores spread all over the mouth and lips, the child becomes restless and irritable, loses his appetite and refuses to take fluids. This is usually accompanied by bouts of high fever lasting from 5-7 days. Swelling and bleeding of the gums sometimes occur.

Treatment

Antipyretic : Administer fever medicine several times as the fever continues.

Pay close attention to the interval between each dose.

Oral Medication : Medication to relieve a sore throat is recommended.

If symptoms persist, medicines that directly treat the virus are prescribed.

Topical medication : Apply directly to the sores to relieve pain. Unfortunately, some children do not like medicated ointments.

Intravenous : This is necessary if the child continues to refuse liquids and shows signs of dehydration.

Home Care

Fever : Long bouts of high fever cause restlessness and lack of appetite. Administer a fever medicine with caution.

Diet : As the mouth is sore, a soft diet of puddings or jellies, noodles, tofu, soups, etc. is recommended.

Liquid drinks : When the child refuses to eat, give fluids such as juice or tea, especially ion drinks. If the child cannot drink normally, give fluids in small amounts several times.

Bath : It is not advisable to give a bath if a high fever continues. A sponge bath is best for keeping the child clean.

School/Kindergarten/Day Care Center

The virus can be transmitted to other children by direct contact, so keep the child home as per a doctor's advice.

Precautions

- Ask for medical advice immediately if the child refuses to take fluids and gets to be very weak.
- In rare cases, hospitalization is necessary for children with atopic eczema; or if blisters appear all over the body like chicken pox. (Kaposi's varicelliform eruption)

Shingles (Herpes Zoster)

What is it ?

Shingles is caused by the reactivation of the dormant virus in the nerves of people who have previously had chickenpox or whose immunity has weakened. A typical rash or small red blisters, which are very itchy and painful, may appear on the chest or face. Shingles in children is usually milder compared to adults, and has a healing period of 1-2 weeks, during which time the shingles gradually develop into scabs.

Treatment

Topical Medication : Controls itching and soothes the pain.

Oral Medication : Medicines that directly treat the virus are prescribed..

Home Care

Meals : No restrictions.

Bath : Be careful not to rub the affected areas.

Clothing : Wear loose and soft undergarments to lessen pain when they come in contact with the affected areas.

School/Kindergarten/Day Care Center

Stay away and avoid having direct contact with people with shingles.

Precautions

Children can contract chicken pox if in direct contact with someone who has herpes zoster



TOPATSUSHIN (Exanthema Subitum)

What is it ?

Without warning, the body temperature of the baby will suddenly go up to 39°C above, and will continue for about 3-4 days. After the fever has subsided, red rashes will simultaneously appear all over the body

Rashes will disappear within 4-5 days.

He/she may also suffer from a mild case of diarrhea.

In spite of the high fever, the infant will usually remain active.

When babies from 6 months up to 1 year old have a high fever for the first time, it is possible the child has contracted this illness.

Treatment

Fever : The high fever will continue so it is important to administer a fever medicine as directed, and pay close attention to the interval between each dose.

Others : Medicine for the throat and diarrhea should be taken if needed.

Home Care

Fever : If the fever continues and the baby loses his appetite, while at the same time feeling uncomfortable, medication should be given as directed.

Even if the body temperature is high, mothers should not worry because there will be no damage to the baby's brain.

Clothing : The baby should be dressed comfortably. Avoid overdressing..

Food : Plenty of liquids such as water should be given.

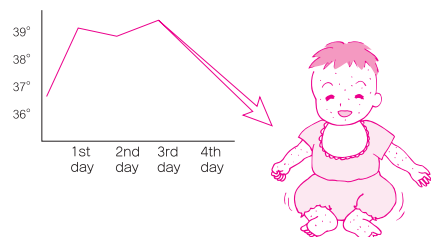
Feed the baby foods that are easy to digest.

Bath : If the body temperature is high, don't bathe the baby. Instead, wipe the body with a warm towel and keep the baby clean.

If the fever goes down, it is fine to bathe the baby even with the presence of the red rashes.

Precautions

This illness can appear to be an ordinary cold, but occasionally babies will suffer from convulsions.



Middle Ear Infection (Acute Otitis Media)

What is it ?

Middle ear infections are commonly associated with colds. A cough and runny nose causes bacteria or a virus from the throat to go up a small tube (Eustachian tube), then enter and accumulate in the middle ear resulting in an ear infection.

The middle ear is the space behind the eardrum. Accumulated fluid creates pressure and may rupture the eardrum causing pus to drain out of the ear canal. (ear discharge)

A middle ear infection is very painful. As infants cannot express their pain in words, parents should look for the following symptoms: irritability, rubbing of ears, sleeplessness and head shaking.

Treatment

Oral medication : Antibiotics, to eliminate the infectious bacteria, and pain relievers are prescribed.

Surgical operation : This is done to allow fluid to drain and to repair the eardrum.

A ruptured eardrum closes in 2-3 days.

Ear drops and ear disinfectants are given at E. N. T. Clinics (otorhinolaryngology).

Home Care

Pain : Use pain killers for severe pain.

Placing a cold compress behind the ear helps to ease the pain.

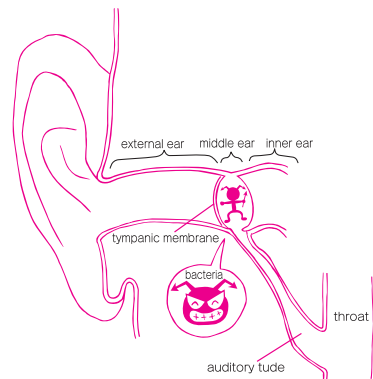
Bath : It is alright to give a bath if there is no fever and the eardrums are not perforated.

Avoid giving a bath if a discharge is present or when eardrums have ruptured.

Precautions

Sounds are transmitted in the middle ear.

Any prolonged ear infection may cause hearing difficulty or loss of hearing. Make sure that the infection is treated completely.



Pseudocroup (Acute Laryngitis)

What is it ?

Pseudocroup is an illness caused by a cold virus and certain bacterial infection that leaves the flat tube at the back of the mouth through the windpipe (trachea) called the larynx to become red and swollen. The larynx is where voice is produced (vocal chord) and where the air passageway is at its narrowest. Any inflammation to this part of the throat causes temporary loss of voice and difficulty in breathing. One distinct feature of this condition is the sudden attack of a harsh, barking cough that sounds like a dog or a seal.

Treatment

Medication : Cold medicine is prescribed.

Inhalation : Treatment by inhalation to remove throat inflammation.

Direct medical treatment of the swollen part gives best results but small children may bicker at this method and as a result fail to inhale the medicine properly.

Home Care

< Room Humidity >

- Use humidifier.
- Boil water in a pot to produce warm mist (steamer).
- Hang wet clothes or towel in the room.

< Liquid Supplement >

- Severe cough may provoke vomiting of food and liquid.

Reduce the amount of food, milk and other liquids per meal and feed several times.

< Putting to sleep >

- Put extra pillows at the back to raise the upper part of the body to help ease breathing.

Uneasiness upsets the child and crying will only make him feel worse. Keep him calm by cuddling or cradling.

< Bathing >

- The child may have a bath if he is calm and the fever subsides.

< For intense cough >

Sit the child up until cough subsides.

Keep the hot shower running to create steam. Staying in the bathroom for a couple of minutes will help ease breathing.

Precaution

Go to the hospital immediately if;

- Breathing becomes rough and raspy (stridor), the chest muscles retract (move quickly up and down) and the child struggles to breathe.
- Skin color turns pale or bluish and the child looks unwell.

Pinworm Infection

What is Pinworm Infection ?

Pinworms are small, long and thin, white parasitic worms about 3-10 mm in length that live in the cecum of humans. At night, female pinworms lay eggs around the anus and within a few hours the eggs become infective. When the child scratches the anus the eggs can be transferred through the fingers. Pinworm eggs can be spread directly by hand to mouth contact. Children can also re-infect themselves by touching another person.

As a result, cases of group infection are common, as in family members, kindergarten and school classmates.

Symptoms of infection involve an itchy feeling around the anus, restless sleep and frequent awakening at night, and irritability. In girls, pinworms can also spread into the vagina which causes vaginitis.

Pinworm Test

The method for testing for pinworms is to stick adhesive tape to the anal region right after the child wakes up in the morning (before going to the toilet). The tape is then examined under a microscope for the presence of pinworm eggs. There are cases when nothing is found on the first test, but eggs are later detected with the 2nd or 3rd testing. (It is not often that pinworm eggs are present around the anus.)

Treatment

Pinworms can be treated with anti-worm (anthelmintic) medication.

The medicine is effective in eradicating adult pinworms; however, additional doses may be necessary.

Home Care

Frequent washing of bed sheets and underclothings.

Hang bed sheets and dry completely.

Wash hands thoroughly before meals.

Keep fingernails clean and short.

Prevent children from sucking their fingers..

If the child tests positive, family members should also take the test or undergo treatment at the same time.

Bronchitis

What is it ?

Bronchitis is an inflammation of the air passages in the lungs and swelling of the lining of the bronchi. The cough is dry at first; however, irritation of the nerves in the bronchial tubes increases production of mucous resulting in a hoarse or wheezy cough and prolonged fever. The persistent cough often causes sleepless nights, and young children may have difficulty drinking or sucking their milk. In most cases, bronchitis is often diagnosed as a common cold. However, if the fever and cough persist even after having taken medication, there is a chance that the bronchitis may have progressed. This can lead to pneumonia if the condition is not treated properly.

Treatment

Oral Medication :

An antibiotic is prescribed for bronchitis associated with a bacterial infection.

Antipyretic medication or a cough expectorant is prescribed to relieve a fever or cough when the body's resistance is weak. Other medications to loosen and help expel mucous or phlegm are also available.

Intravenous : Direct treatment by transfusion of antibiotics, nutrients or liquid supplements.

Hospitalization : Serious cases of bronchitis require hospitalization.

Home Care

Room Humidity : Dry air worsens a cough. Use a humidifier to keep room moist and help speed up recovery.

Liquids : Supply enough liquids as this helps bring down fever and liquify and clear secretions.

Give lukewarm water, ion supply drinks, or warm tea in small portions.

Physical fitness : It is important to keep the patient calm; however, lying down for long periods is not recommended. Patting the back from time to time may give relief and help bring out phlegm.

Tilting the mattress to raise the head slightly or carrying the baby in one's arm may help relieve coughing.

Air : Avoid smoking in the room.

Why does bronchitis or pneumonia develop despite proper medication ?

There are three possible reasons that may account for this: the bacteria or virus causing the infection is potent, the prescribed medicine is not effective, or the immune system of the body is weakened.

Bronchitis progresses depending on the absence or presence of these three factors.

Tonsillitis

What is it ?

The pair of round lumps of lymphoid tissue at the back of the mouth on either side of the tongue are called the palatine tonsils, (commonly known as tonsils); and the lump at the back of the throat is called the pharyngeal tonsil (commonly known as adenoids). Tonsils have the special function of filtering out bacteria and viruses to protect the body from infection.

When a strong bacteria or virus enters the mouth, the tonsils get red, inflamed, and the patient may run a temperature of about 40 degrees C. White or yellowish spots of pus may sometimes appear on the surface of the infected area. Severe swelling causes pain, makes it difficult to swallow food, and causes snoring.

Treatment

Oral medication : Antibiotics and medicines to relieve throat discomfort are prescribed.

Antipyretic medication : Use fever medicine if high temperature continues despite medication. Make sure to observe time interval between dosages when administering fever medicine.

Home Care

Fever : Make sure that fever medicine is administered properly if fever persists, if there is loss of appetite, or there is extreme discomfort.

Meals : Do not force the child to eat as swallowing gets to be painful. Give soft foods like pudding or jelly, noodles, tofu, soup and such.

Liquids : If eating meals is an effort, give plenty of liquids such as juice or ion supply drinks. Give liquids in small portions if the child cannot drink enough at one time.

Bath : Do not give a bath when there is a high fever. Wipe the body from time to time to maintain cleanliness.

