

PARENTS WITH PREPAREDNESS

Created by *Logan McIntosh* Parents with Preparedness Magazine Edition three.

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TABLE 1 below lists 7 of the most common, highly contagious, diseases among school-aged children, their methods of transmission, common signs and symptoms, as well as a fun fact about each, (yes, science can be fun!).

TABLE 1

Illness	Transmission	Signs & Symptoms	Fact
Common Cold	Airborne respiratory droplets Contaminated surfaces	<ul style="list-style-type: none"> · Stuffy, runny nose · Sore throat · Watery eyes · Headache · Mild fatigue and body aches · Low grade fever 	The average child will get 6 to 10 colds a year while adults will get 2 to 4 colds a year.
Influenza	Airborne respiratory droplets Contaminated surfaces/objects Sharing food/drink items with an infected person	<ul style="list-style-type: none"> · Fever · Body aches · Sore throat · Cough that may worsen · Fatigue · May also have nausea, vomiting or diarrhea 	Getting a flu vaccine greatly reduces the risk of getting the flu but it does not guarantee that a child will not get the flu due to the virus' ability to mutate.
Gastroenteritis	Contaminated surfaces or through contaminated food or drink	<ul style="list-style-type: none"> · Nausea · Vomiting · Diarrhea · Stomachache · Headache · Fever · Chills 	Gastroenteritis is commonly referred to as the "stomach flu," yet the flu virus is not what causes it. The biggest danger is dehydration due to loss of fluid from diarrhea and vomiting.

Strep Throat	<p>Airborne respiratory droplets</p> <p>Contaminated surfaces/objects</p>	<ul style="list-style-type: none"> · Sore throat · Pain with swallowing · Red and swollen tonsils (may have white patches) · Tender neck and lymph nodes · Fever · Headache · Body aches 	A tonsillectomy, removal of the tonsils, is often done in children for two reasons: large tonsils may obstruct breathing and consistent infections.
Conjunctivitis/ Pinkeye	<p>Contaminated surfaces/objects</p> <p>Poor hygiene</p>	<ul style="list-style-type: none"> · Pink/red eye discoloration · Irritation/burning in the eyes · Colored discharge from the eyes · Swelling · Blurred vision 	Pink eye can be caused by bacteria, viruses, chemicals or allergies.
Head lice	Close body contact and sharing personal items with an infected person	<ul style="list-style-type: none"> · Itching that intensifies at night · Visible bugs in the hair · Small bumps or sores from scratching 	Head lice are highly contagious, but not dangerous. OTC medications are available as well as prescriptions for treatment.
Hand, Foot and Mouth Disease	<p>Close body contact</p> <p>Contaminated surfaces/objects</p> <p>Airborne droplets</p>	<ul style="list-style-type: none"> · Fever · Eating or drinking less · Sore throat · Painful mouth sores · Skin rash/blisters on the bottom of hands and feet 	Hand, foot, and mouth disease is often confused with foot-and-mouth disease (also called hoof-and-mouth disease), which affects cows, sheep, and pigs, but the viruses that cause these illnesses are different.

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