

This booklet is part of a range of publications produced by Hutton CE Primary School and offered to parents/carers as support materials.

Booklets in this range

1. Tips for Good Listening.
2. How to give children more confidence.
3. Helping children to get on with each other.
4. Tips to remember when you need to make a stand.
5. Tips when giving your child instructions.
6. How to deal with difficult situations.
7. Tips for dealing with anger.
8. Tips for dealing with dishonesty.
9. Tips for dealing with tantrums.
10. How to help children be good.
11. Childhood Illnesses & head Lice.
12. Tips on using Technology
13. Tips on using Gaming Devices
14. Tips on using Mobile Devices
15. Tips on reward/behaviour charts.



# Parent Survival Guides

## No 11

### Childhood Illnesses and Head Lice

**Childhood Illnesses—** This leaflet is for guidance only when trying to ascertain what type of illness your child has. If you are unsure and require further information please consult a doctor.

## Chickenpox

Signs and symptoms of Chickenpox may include:

- \* Slight fever may be present before a rash develops
- \* Rash usually first appears on body, face and scalp. It then spreads to limbs.
- \* Rash begins as small, red, flat spots that develop into itchy fluid filled blisters
- \* Blisters are usually less than 1/4 " wide and have a red base.
- \* After the blister breaks, open sores will crust over to form dry brown scabs.

Usually lasts for about 10 days

## Hand, Foot, and Mouth Disease

Most common in children under 10 years of age. Signs and symptoms usually start suddenly and may include:

- \* Fever
- \* Sore throat
- \* Headache
- \* Small painful blisters inside the mouth on tongue and gums (lasts 4 to 6 days)
- \* Blisters may appear on the palms of child's hands, on their fingers, and on the soles of their feet for 7 to 10 days.

## Head Lice

Head lice are tiny insects that live on the scalp. Lice have 3 stages in their life cycle:

- ∞ Nits (eggs) are whitish gray, tan, or yellow ovals, about the size of a grain of sand. They are found stuck to the hair, often behind the ears or at the back of the neck. Nits hatch in 9—10 days.
- ∞ Nymphs are young lice. They look like adults but are smaller.
- ∞ Adults lice are about the size of a sesame seed. Adult lice can live up to 30 days on a person's head. They move around on the scalp and are much more difficult to see than nits.

Detection of a live louse is the best way to confirm head lice. The most effective method of detecting live lice is by using a fine tooth lice comb on dry or wet hair.

Signs and symptoms of head lice may include:

- \* Itchy scalp (may be worse at night)
- \* Scratching marks or small red lesions like a rash
- \* Child may have head lice and not have any symptoms

Nymphs and adult lice can live for up to 2 days away from the scalp. Eggs can live for up to 3 days away from the scalp but need the higher temperature near the scalp to hatch.

**When your child is ill and you need medical advice, please consult your doctor.**

**This is to be used as a guide only.**

## Cold Sores

Cold sores on the mouth are usually caused by a virus. Signs and symptoms of cold sores may include:

- \* Superficial clear blisters with a red base which crust over
- \* Blisters heal within days
- \* Sore mouth that makes eating, drinking, and sleeping uncomfortable
- \* Fever
- \* Sore throat
- \* Swollen lymph glands in neck
- \* Drooling in small children

## Molluscum Contagiosum

Molluscum contagiosum is a viral infection of the skin infection caused by poxvirus.

Signs and symptoms may include:

- \* Tiny painless bumps on the skin that grow over several weeks
- \* Bumps become small, waxy, pinkish-white, raised lesions which may have a small crater in the center of them
- \* Bumps may become swollen and red as part of the body's response to the virus

## Threadworms (Pinworms)

Threadworms are tiny, white, thread-like worms that live in the large intestine. The female worms crawl out of the anus at night and lay their eggs on nearby skin.

Threadworms can be unpleasant and uncomfortable but they do not cause disease.

Signs and symptoms of threadworms may include:

- \* Intense itchiness around anus and vagina, especially at night
- \* Sleeplessness
- \* Irritability

## Slapped Cheek (Fifth Disease)

It is most commonly called 'slapped cheek' because of the appearance of the rash.

Signs and symptoms of this may include:

- \* Flu-like symptoms (e.g. runny nose, sore throat, mild body weakness and joint pain, fever) may be present about 7 days before onset of rash.
- \* Raised, red rash that first appears on child's cheek.
- \* The lace-like rash spreads to the rest of the body after 1-4 days, first on torso and arms, and then on to the rest of the child's body.
- \* After the rash fades, it may continue to re-appear for 1—3 weeks when child is exposed to sunlight or heat for example bathing.

## Conjunctivitis

Conjunctivitis is an infection of the covering of the eyeball and the inside of the eyelid.

Children under 5 years of age are most affected. Signs and symptoms may include:

- \* Teary, red, itchy, painful eye(s)
- \* Eyelid(s) may be swollen and/or Eye(s) may be sensitive to sunlight
- \* Pus or thick discharge (yellow or yellowish-green colour) can make eyelids sticky, especially during sleep
- \* Fever

## Impetigo

Impetigo is a common skin infection which is sometimes called scalded skin syndrome.

Signs and symptoms may include:

- \* Clusters of red bumps or blisters surrounded by area of redness
- \* There may be fluid oozing out of the blisters and they may develop a yellow (honey coloured) or grey crust
- \* Sores usually appear around the mouth and nose, and on skin not covered with clothes.