

CHILDHOOD ILLNESS

Always remember to call 000 in case of an emergency

With many illnesses that can effect our daily lives and those of our children please find below a guide to the symptom of the most common childhood illnesses to react quickly if the situation arises

BRONCHITIS

Common Symptoms:

- A dry cough
- Running nose
- Slight fever
- Chest pain

Treatment:

- Do Not Use antibiotics!
(Can make it worse)
- Visit family Doctor

CHICKEN POX

Common Symptoms:

- Groups of raised spots
- Blisters forming scabs
- Nausea
- Mild fever for 2 days

Treatment:

- Cold Compress
- Maintain Hygiene
- Do Not Scratch

MEASLES

Common Symptoms:

- Fever & Rashes
- Conjunctivitis
- Cough
- Headaches

Treatment:

- Rest
- If complications arise
seek medical help

MUMPS

Common Symptoms:

- Fever
- Difficulty swallowing
- Swelling of glands
- Headache

Treatment:

- Salt water gargles
- Avoid hard foods
- Visit family doctor

EPIGLOTTITIS

Common Symptoms:

- Difficulty swallowing
- Drooling
- Chest pain
- Abdominal pain

Treatment:

- Urgent & immediate
hospitalisation
- Call 000

TONSILLITIS

Common Symptoms:

- Sore throat
- Pain when swallowing
- Pain in Ears or Neck
- Fever

Treatment:

- Anti-inflammatory
pain relief (paracetamol
or ibuprofen)
- Visit family Doctor

MENINGITIS

Common Symptoms:

- Stiff Neck
- High Fever
- Severe Headaches
- Headaches

Treatment:

- Urgent & immediate
hospitalisation
- Call 000
- *(Rare in Australia)*

CROUP

Common Symptoms:

- "Barking" cough
- Hoarseness
- Difficulty breathing
- Wheezing

Treatment:

- Keep child calm
- Visit family Doctor
- You will be prescribed
oral steroids to help

EAR INFECTION

Common Symptoms:

- Light Fever
- Ear hurts when pulled
- Partial hearing loss
(Possible symptom)

Treatment:

- Relieve pain with
children's paracetamol
- Visit Family Doctor
(Will guide next step)

WHOOPING COUGH

Common Symptoms:

- Unrelenting cough
- Slowly increases in
severity
- Post-cough faint

Treatment:

- Vaccination as an
infant (Highly
recommended)
- Visit family doctor