

9 MOST COMMON KID ILLNESSES



Our medical adviser **DINA KULIK** is an emergency room doc who's seen it all. Here's her cheat sheet for beating the bugs.

	AGE GROUP	COMMON SYMPTOMS	TOO SICK FOR DAYCARE/ SCHOOL?	HOW LONG IT LASTS	HOW TO TREAT IT	WHEN TO SEE YOUR DOC
1. COMMON COLD	Any age	<ul style="list-style-type: none"> • Runny nose • Congestion • Sneezing • Sore throat • Coughing 	If no fever and feeling well, send to daycare/ school.	3-7 days.	Fluids, rest and time.	Stay out of that waiting room unless symptoms persist or worsen.
2. ROSEOLA	6-24 months	<ul style="list-style-type: none"> • Irritability • Sore throat • Fever • Small red spots (on the trunk, face, neck and limbs) that blossom four or five days after onset of above symptoms once fever disappears. 	The infection is likely most contagious during the fever phase, before the rash breaks out. And you usually can't send kids to daycare with a fever anyway.	The rash can take up to a week to fade, but once it appears your kid is no longer contagious.	Acetaminophen or ibuprofen for fever-related discomfort. Time is the only cure—once the rash hits, the worst is over.	If your child's temperature reaches 39C (102F) and does not respond to medication.
3. FIFTH DISEASE	4-8 years	Lacy red rash accompanied by low-grade fever. Rash usually first appears on the face in a	This virus is passed along in a similar way to the common cold and is only	The rash lingers for 10 days, but it's no longer considered contagious after it emerges.	Symptoms are typically mild and don't require treatment, though some kids suffer	Alert your doctor if your child has a chronic condition or blood abnormalities.

Guide To Common Illnesses

Lingjun Ying



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