

## MEDICAL GLOSSARY FOR YOUR FAMILY

<b>Condition/Disease</b>	<b>Symptoms</b>	<b>Method of Infection</b>	<b>Exclusion From Facility</b>	<b>Remarks</b>
Fever (Temperature over 100°)	<ul style="list-style-type: none"> <li>- Hot to the touch</li> <li>- Very fast or very slow breathing</li> <li>- Complaints of sickness</li> <li>- Pale or flushed</li> <li>- Listless or irritable</li> </ul>	Direct or indirect contact with person	Yes, until fever-free for 24 hours with no medication	<ul style="list-style-type: none"> <li>- Dress child lightly</li> <li>- Give lots of liquid</li> <li>- Do not sponge with alcohol</li> <li>- Avoid Aspirin</li> </ul>
Diarrhea	<ul style="list-style-type: none"> <li>- Frequent watery bowel movements</li> <li>- Sometimes accompanies vomiting</li> </ul>	Direct and indirect contact with person or diarrhea	<ul style="list-style-type: none"> <li>- Send home immediately after 2-3 episodes</li> <li>- Stays home until no loose bowel for 24 hours after resuming eating</li> </ul>	Give no food 2-3 hours after vomiting stops, then clear liquids
Vomiting	<ul style="list-style-type: none"> <li>- Loss of food by mouth—not spitting up</li> <li>- Sometimes accompanied by fever or diarrhea</li> </ul>	Direct and indirect contact with person or lost fluid	<ul style="list-style-type: none"> <li>- Send home immediately after 2-3 episodes</li> <li>- Stays home until no loose bowel for 24 hours after resuming eating</li> </ul>	Give no food 2-3 hours after vomiting stops, then clear liquids
Common Cold	<ul style="list-style-type: none"> <li>- Stuffy/runny nose</li> <li>- Sneezing</li> <li>- Watery eyes</li> <li>- Chest congestion</li> </ul>	Viral infection that spreads via respiratory secretions in the air or contact with soiled articles	Not unless child feels too bad to attend	Be very careful about hygiene when colds are present
Flu (Influenza)	<ul style="list-style-type: none"> <li>- Fever and chills</li> <li>- Sore throat</li> <li>- Muscle aches</li> <li>- Stuffy/runny nose</li> </ul>	Same as for colds	Yes, until 24 hours fever-free	<ul style="list-style-type: none"> <li>- Encourage rest</li> <li>- Limit activity</li> <li>- Increase clear liquids</li> <li>- Use Tylenol or Tempra for fever</li> </ul>
Strep Throat	<ul style="list-style-type: none"> <li>- Red sore throat</li> <li>- Fever</li> <li>- Sometimes vomiting</li> </ul>	Bacterial infection spread through respiratory secretions, sneezing, coughing, etc.	Yes, for 24 hours after treatment begins	<p>If rash appears after second or third day, it is considered scarlet fever</p> <p>Strep often lasts nearly a week</p> <p>Treat right away to avoid rheumatic fever</p>

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Ear Infection	<ul style="list-style-type: none"> <li>- Ear ache</li> <li>- Discomfort when lying down</li> <li>- Irritable</li> <li>- Reduced appetite</li> </ul>	<p><b>Many Causes</b></p> <ul style="list-style-type: none"> <li>- Water retained in ear canal</li> <li>- Coughing that aggravates Eustachian tubes</li> <li>- Other illnesses such as colds</li> <li>- Giving an infant a bottle while flat on their back</li> </ul>	No, not unless caused by or accompanied by a contagious illness such as flu	<ul style="list-style-type: none"> <li>- Treated by antibiotics</li> <li>- Take every dose</li> <li>- Follow-up appointment to the doctor; this is very important</li> </ul>
Pink Eye (Conjunctivitis)	<ul style="list-style-type: none"> <li>- Red eyes</li> <li>- Itchy swollen eyelids</li> <li>- Yellow discharge from eyes</li> </ul>	Touching anything that bears the virus; i.e., fingers, clothing, washcloths, makeup	Yes, immediately! Child should not return until a doctor gives permission because cases vary in severity. Treat with ointment or drops before returning	<ul style="list-style-type: none"> <li>- Disinfect everything the child has touched, including toys</li> <li>- Wash your own hands more often</li> </ul>
Ringworm	<ul style="list-style-type: none"> <li>- Round area with blisters on edge and clear center</li> <li>- In scalp, bald patches appear</li> </ul>	Caused by fungus from soil but passed by skin-to-skin personal contact, touching clothing or combs	Not necessarily. Child must be having treatment of pills or ointment and must not swim or participate in contact activities	Condition clears with prompt, consistent treatment; otherwise, it spreads rapidly. Observe other children closely.
Impetigo	Small blisters that grow larger and form scabs. If ruptured, a watery discharge is found	<ul style="list-style-type: none"> <li>- Direct contact with sores or anything solid with the discharge</li> <li>- Ringworm is a bacteria</li> </ul>	Yes, exclude until 24 hours of treatment with antibiotics by mouth or shot has passed or until sores don't weep and antibiotic ointment is used	<ul style="list-style-type: none"> <li>- Spreads 4-10 days after contact</li> <li>- Crusty scabs can be removed by soaking in warm, soapy water</li> </ul>
Head Lice	Severe itching on the head Can see nits (eggs) and sometimes crawling lice	Direct contact with the lice carried on human beings or on combs, bed linens, towels, etc.	Yes, until treatment begins, then may return but check head for removal of all nits	Lice and nits are destroyed by dry-cleaning, machine washing in hot water and detergent, clothes dryers drying for 20 minutes, washing combs, etc., for 20 minutes. Place stuffed animals in plastic bags and seal for 2 weeks

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Scabies	<ul style="list-style-type: none"> <li>- Severe itching</li> <li>- Small red spots usually between fingers and on elbows and underarms</li> </ul>	Direct contact with person infected with the mite or infested clothing or linens	Yes, until treated, usually the next day	Be sure to clean everything contacted for 48 hours before treatment began
Pinworm	<ul style="list-style-type: none"> <li>- Stomach aches</li> <li>- Pale color</li> <li>- Poor appetite</li> <li>- Loss of sleep</li> </ul>	By eggs which stick to skin, bed linens, fingers, and make it of the mouth to be swallowed	Yes, until treatment is effective	Hand washing is very important
Pertussis (Whooping Cough)	<ul style="list-style-type: none"> <li>- Cough which becomes spasmodic and sometimes causes vomiting</li> </ul>	Contact with discharge of nose or throat of patient	Yes, may return 4 weeks after intense coughing begins or 5 days after appropriate antibiotics begin	Incubation period is 1 – 2 weeks
Chicken Pox	<ul style="list-style-type: none"> <li>- Headaches</li> <li>- Listless</li> <li>- Loss of appetite</li> <li>- Skin rash that starts on chest then spreads</li> </ul>	Transmitted in the air or by touching the rash	Yes, child is contagious until all scabs dry up and fall off	Signs of chicken pox show up 10 – 20 days after exposure. <b>DO NOT GIVE ASPIRIN; GIVE TYLENOL.</b> Take every dose. Follow-up appointment to the doctor is very important
Rubella (German Measles / 3-Day Measles)	<ul style="list-style-type: none"> <li>- Mild illness</li> <li>- Fever</li> <li>- Red rash</li> </ul>	Virus spread by direct contact with patient or soiled articles	Yes, for four days after rash appears	Dangerous for pregnant women.
Measles	<ul style="list-style-type: none"> <li>- Fever/cough/watery eyes</li> <li>- Upper respiratory illness</li> <li>- Blotchy rash that begins on face</li> <li>- Fever, sometimes high</li> </ul>	<ul style="list-style-type: none"> <li>- Virus spread in the air and saliva</li> <li>- Very contagious</li> </ul>	Yes, for five days after rash appears	Dangerous for pregnant women.

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Mumps	<ul style="list-style-type: none"> <li>- Sudden swelling and tenderness behind jaw in front of and below ear</li> <li>- Some cold symptoms</li> </ul>	Discharge from nose and throat of patient	Yes, returns after swelling subsides or nine days after swelling begins	Be sure to tell other parents.
Rocky Mountain Spotted Fever	<ul style="list-style-type: none"> <li>- Following a tick bite within 2 weeks</li> <li>- Chills/fever/rash/restlessness</li> <li>- Headaches and joint pain</li> </ul>	Tick bite; cannot spread from person to person	Only as long as child does not feel well enough to attend	<ul style="list-style-type: none"> <li>- Protect your fingers when removing ticks</li> <li>- Pull gently</li> <li>- Wash area with soap and</li> <li>- Clean with alcohol</li> <li>- Wash hands well</li> </ul>
Fifth Disease	<ul style="list-style-type: none"> <li>- Little or no fever</li> <li>- Sudden rash on cheeks, then trunk, then arms and legs</li> <li>- Rash is lacy and itches</li> </ul>	Only moderately contagious 7-28 days from time of exposure, usually 16 days	No	No treatment is used; illness is mild
Reyes Syndrome	<ul style="list-style-type: none"> <li>- Vomiting/headaches/listless</li> <li>- Behavior changes</li> </ul>	A complication of flu or chicken pox if aspirin is used	Yes, because child should be in hospital. Reyes is potentially fatal.	Very serious, rare condition that can cause brain damage and death. Avoid aspirin.
Meningitis Type A – Meningococcal (Viral) Type B – Hemophilus Influenza (II Flu) Bacterial or Viral	<ul style="list-style-type: none"> <li>- High fever/severe headaches/stiff neck</li> <li>- Listlessness/vomiting</li> <li>- Sometimes bruise-like rash</li> </ul>	Direct and indirect contact with nose and throat discharges	Type A – for 24 hours after start of treatment Type B – until antibiotics have been completed	Type A – treat promptly under doctor's care Type B – Entire facility needs to be treated with Rifampin if two cases are reported
Diphtheria	<ul style="list-style-type: none"> <li>- Sore throat/swollen tonsils</li> <li>- Bloody nasal discharges</li> </ul>	Direct contact with nose and throat discharges	Two weeks or until throat culture is negative	Incubation is 2 – 6 days. Be sure to notify the Health Department after exposure

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Salmonella Shigella Campylobacter Giardia Rotavirus	<ul style="list-style-type: none"> <li>- Abdominal pain</li> <li>- Diarrhea/fever/nausea/vomiting</li> <li>- Loss of appetite</li> <li>- Fatigue</li> </ul>	Contact with and ingestion of contaminated tools, soiled stool articles, contaminated water and milk or infected animals	Yes, until child has no symptoms at all, usually 48 hours after treatment begins	Carriers may not have symptoms. These asymptomatic carriers should be treated also
Hepatitis Type A	<ul style="list-style-type: none"> <li>- Yellow skin/weakness/fever/nausea</li> <li>- Abdominal discomfort</li> </ul>	Virus spread by fecal contamination	Until fever is free	Prevention is by good hygiene
Mono (Mononucleosis)	<ul style="list-style-type: none"> <li>- Fever/sore throat/listlessness</li> <li>- Enlarged lymph glands</li> </ul>	Very low risk of person-to-person infection, but can spread by saliva and nose discharge	Not because of spread of disease but children should stay home as long as they feel bad	Caused by virus called Epstein-Barr virus; is diagnosed by blood test. Rest is advised and not to participate in contact sports.
HIV (Human Immune-Deficiency Virus) AIDS (Acquired Immune-Deficiency Syndrome)	<ul style="list-style-type: none"> <li>- Reduced resistance to common infections</li> </ul>	<ul style="list-style-type: none"> <li>- Person-to-person intimate contact</li> <li>- Exposure to body fluids</li> <li>- Through openings in the skin</li> <li>- Infection from mother to child before birth</li> </ul>	May attend unless they do not have bowel and bladder control, display mouthing or aggressive behavior or have open sores	Each case should be evaluated individually and reviewed periodically before and during daycare placement. People on committee to evaluate (Doctor, Program Director, Health Care Officials, and Aids Specialists)
Hand, Foot, Mouth Disease	<ul style="list-style-type: none"> <li>- Blisters form on the hands, feet, and/or inside the mouth.</li> <li>- Mouth ulcers, fever, sore throat, and a rash on the hands and feet.</li> </ul>	Direct contact with nose and throat discharges or feces from an infected person.	Children should be excluded until blisters are dry, and drooling has subsided.	If someone develops symptoms, he should see his health care provider, since there are other illnesses that display other symptoms. No antibiotic treatment is available for this viral infection, but a health care provider may be able to recommend other treatments to help with discomfort and symptoms.