

COMMON CHILDHOOD ILLNESSES — FEVER AND RASHES

—Fever— *A fever helps the body fight off infection.*²

WHEN TO SEE A HEALTH PRACTITIONER¹

- If under 3 months with rectal temperature over 100.4 °F
- If 3 to 36 months with rectal temperature over 100.4 °F for more than 3 days OR a rectal temperature over 102 °F
- Any age child with a temperature of 104 °F or higher
- Has a febrile seizure
- Has recurrent fevers
- If the child is refusing liquids, won't stop crying, or looks toxic

TREATMENTS^{1,2}

- Increase fluid intake. If breastfeeding, then increase breastmilk.
- Cooler temperature in the home and use a fan
- Rest
- Hydrotherapy: Bathe child in 1-2 inches of warm water (85-95 °F) and sponge the water onto the trunk, legs, and arms. Do this until the temperature has lowered, and remove the child if they begin shivering.
- Medications: Tylenol (Acetaminophen) or Advil (Ibuprofen)

Parent Resources

- FEVER INFORMATION: <https://www.uptodate.com/contents/fever-in-children-beyond-the-basics/print>
- NATURAL TREATMENTS: <https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/Treating-a-Fever-Without-Medicine.aspx>

—Febrile Seizure— *Can happen when the body temperature increases quickly*³

GENERAL INFORMATION^{3,4}

- Usually benign and are most common in children under 5 years old
- Generally occur during the first 24 hours of illness, and may precede other symptoms
- Caused by viral infections more often than bacterial, and may occur after vaccinations

SIMPLE FEBRILE SEIZURES: last less than 15 minutes, do not reoccur in the next 24 hours, but may occur in future fevers.

COMPLEX FEBRILE SEIZURES: last over 15 minutes, or occur multiple time in 24 hours and increase the risk of epilepsy in children to <5%

HOW TO RESPOND^{3, 4}

- Keep the child from objects that could harm them, remove anything from their mouth, and turn their head to their side to prevent choking on saliva or vomit
- Call the child's doctor and bring them in if this is the first time they have experienced a febrile seizure
- Call 911 if the seizure lasts longer than 5 minutes
- Take note of how the seizure presented and the duration
- Optional: you can bring down the temperature with hydrotherapy and over the counter medication. This will make the child more comfortable but is not preventative or a treatment for seizures.

WHEN TO GO TO THE ER^{3,4}

- If the child is under a year
- If the child is vomiting, has neck stiffness, difficulty breathing, or is toxic looking
- Seizure lasts over 5 minutes
- The child is not returning to normal after the seizure

—Roseola Infantum (Sixth Disease)—

GENERAL INFORMATION⁵

- An acute, benign illness that usually occurs in children under 2 years old and is often transmitted by asymptomatic carriers

SYMPTOMS⁵

- High fever that lasts 3-5 days and may exceed 104 °F
- A non-itchy rash develops as fever decreases and stays 1-2 days
- The child often has no other symptoms
- Other symptoms may include: conjunctivitis, red eyes, ear infection, Nagayama spots in the mouth, runny nose, cough, vomiting, and diarrhea
- May Cause Febrile Seizure

TREATMENTS⁵

- The illness will resolve on its own. Ensure adequate liquid intake and you may treat symptoms for child comfort.



Image of a Roseola Rash on an infant⁶

—Hand Foot and Mouth Disease—

GENERAL INFORMATION⁷

A very contagious illness that is typically mild and generally affects children under 5 years old.

SYMPTOMS⁷

- A non-itchy rash on the hands, feet and occasionally other locations
- Mouth sores: appear 1-2 days after fever begins, may be painful, and located on the tongue, back of mouth, and gums
- Fever and flu-like symptoms

TREATMENTS⁷

- The illness will resolve on its own. Ensure adequate liquid intake and you can relieve symptoms with medications



Images of mouth Sores and rash on children⁸

Parent Resources: <https://www.cdc.gov/hand-foot-mouth/index.html>

—Fifth Disease (Parvovirus B19)—

GENERAL INFORMATION⁹

Generally benign illness, but rarely can be fatal. Often occurs in school aged children.

SYMPTOMS⁹

- Fever and flu-like symptoms
- A rash appears on cheeks 2-5 days after symptoms begin and may be followed by a lacelike rash on the trunk and extremities. The rash may be itchy.



Images of the rash on the cheeks and extremities⁹

Treatments

- The illness will resolve on its own. You can use over the counter medications to relieve symptoms.
- If you see signs of anemia or other complications, seek treatment from health care professionals.

—Chickenpox (Varicella-zoster)—

GENERAL INFORMATION¹⁰

Generally benign illness in children, but can be more severe in those who are adolescent and older.

SYMPTOMS¹⁰

- Itchy rash that can appear all over the body. The rash starts with red spots that become fluid filled vesicles. They generally appear over 4 days, crust over as they heal, and take 1-2 weeks to resolve. They may leave hypopigmented scars.
- Fever, fatigue, sore throat
- Complications:
 - The chickenpox sores can get infected
 - There can be an increased risk of developing pneumonia.

TREATMENTS¹⁰

- Symptom management with acetaminophen
- Oatmeal baths, natural remedies, and over the counter topical medication for itching relief
- Do not give aspirin, this can cause Reyes syndrome



Images of the chickenpox rash. The bottom right is an image of a chickenpox sore that has become infected¹¹