

FIFTH DISEASE

What is Fifth Disease?

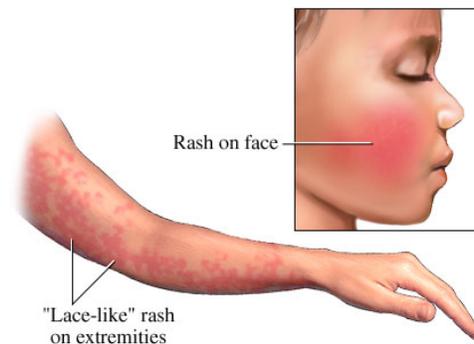
Fifth Disease (also known as erythema infectiosum or “slapped cheek syndrome”) is caused by a virus (human parvovirus B19). It is a common illness in children five to 15 years old, but can also be found in adults.

How is it spread?

The virus is found in respiratory secretions, and is spread by person-to-person direct contact. Generally, a person is not contagious once the rash appears.

What are the symptoms?

Flu-like symptoms show up first, such as a headache, a runny nose and a sore throat. Later, a rash will appear on the face, and can spread to the rest of the body. The rash, which may be itchy, usually resolves in about 5-10 days. Some people, especially adults, will experience sore joints, which can last for weeks or even months. While most people who get Fifth Disease show symptoms, not all get a rash or feel ill.



How is it treated?

Because Fifth Disease is caused by a virus, the only treatment is symptom relief, including rest, fluids, and over-the-counter pain relievers. Most people recover completely within a couple of weeks. Because the rash is a sign a person is no longer contagious, children can go back to school or daycare once the rash appears. Once the rash disappears, it may appear again during sun exposure, heat, or stress within the next couple of weeks.

Would you like more information? Check out: http://www.cdc.gov/Ncidod/dvrd/revb/respiratory/parvo_b19.htm

RINGWORM

What is Ringworm?

Ringworm is an infection of the skin, and is also known as Tinea. Ringworm is not caused by a worm, but by several different fungi (Dermatophytosis).

How is it spread?

Ringworm spreads from direct skin-to-skin contact, as well as contact with contaminated items. People who are infected are contagious even before they show symptoms of the infection. Domestic pets can also be carriers of this infection, and people can become infected from close contact with these animals (such as dogs, cats, and farm animals). Student athletes, such as wrestlers, are susceptible because of close skin-to-skin contact and contaminated items such as wrestling mats. Symptoms appear anywhere from 4-10 days after contact.

What are the symptoms?

The defining symptom of ringworm is a red raised bump with well-defined edges on the skin. The patches have a lighter center, which makes the patch look ring-shaped. There may be one or more of these patches, and the bumps may be itchy. These patches can appear anywhere on the body including the scalp and finger nails. If they are on the scalp, bald spots may be seen.



http://www.research.usf.edu/cm/pics/ringworm_2.jpg

How is it treated?

Antifungal medications can be taken by mouth as a tablet or liquid, or can be put directly on the infected area as a topical cream, many of which are available over-the-counter. It may take several weeks of treatment to get rid of this fungal infection. To ensure that the infection has been adequately treated, treatment should be continued for at least one week after the symptoms have disappeared.

Would you like more information? Visit: http://www.sheltermedicine.com/portal/is_ringworm.shtml

HAND-FOOT-and-MOUTH DISEASE

What is Hand-Foot-and-Mouth Disease?

Hand-foot-and-mouth disease is highly contagious viral infection that is commonly found in children. The most common culprit is the coxsackievirus. The largest population affected are children under the age of 10, but older children and adults can become infected as well. This disease is not related to foot-and-mouth (or hoof-and-mouth) disease, which is a viral infection found in farm animals.

How is it spread?

Person-to-person contact, or contact with contaminated items spreads this virus. The virus can also be spread through the air when an infected person coughs or sneezes. The virus is found in the saliva, stool, blister-like lesions and nose and throat secretions of infected persons. A person may still be contagious for weeks after symptoms have ceased. Good hand hygiene can help prevent infection. Children who are sick should be kept out of school and daycare until they no longer have a fever, and their sores are healed.

What are the symptoms?

Symptoms usually appear about 3 to 7 days after becoming infected. The first sign is usually a fever, after which a poor appetite, a sore throat and just not feeling well follow. Within the next couple of days, lesions appear in the mouth, tongue, and palms of the hands and soles of the feet. These lesions are painful and appear blister-like, but do not itch. Symptoms usually disappear by 10 days, but a person can still be contagious without symptoms.



(<http://www.iah.bbsrc.ac.uk/virus/Picornaviridae/enterovirus/Coxsack01.jpg>)

How is it treated?

Because Hand-foot-and-mouth Disease is caused by a virus, treatment includes symptom relief. Over-the-counter pain relievers can be used. Rest and plenty of fluids are also important.

Would you like more information? Visit: <http://www.mayoclinic.com/health/hand-foot-and-mouth-disease/DS00599>

IMPETIGO

What is Impetigo?

Impetigo is a contagious bacterial skin infection that commonly affects children. It is most often caused by group A *streptococcus* or *staphylococcus aureus*.

How is it spread?

Although anyone can contact this infection, people who have skin that has already been injured (for example, with poison ivy or insect bites) are more likely to become infected. Because the bacteria are spread from person-to-person or by contaminated objects, good hand hygiene is important. It is also important to keep cuts and other skin irritations clean. In order to stop a person from spreading the infection to another area of the body, the infected area should be covered with gauze and tape. Children who show signs of infection should not be in school or daycare until they have seen a doctor.

What are the symptoms?

Impetigo is manifested by red sores or blisters anywhere on the skin, but most often on the hands, face (especially mouth and nose) and arms. The blisters may burst, leaving wet patches of red skin. The burst blisters eventually harden and develop a “honey-colored” crust.



www.dshs.state.tx.us/idcu/disease/impetigo/faqs/

How is it treated?

Because Impetigo is a bacterial infection, a doctor will prescribe an antibiotic. They may be given orally and/or topically. It is important to finish the whole dose of medication so that the infection will not return. Usually a person is considered no longer contagious after 24 hours of antibiotic therapy and can return to school or work.

Would you like more information? Visit: <http://www.mayoclinic.com/health/impetigo/DS00464>

CONJUNCTIVITIS (PINKEYE)

What is conjunctivitis?

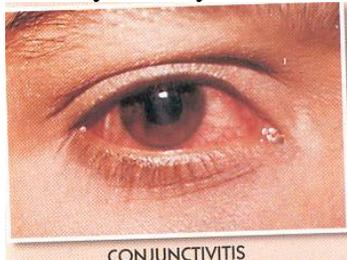
Conjunctivitis, commonly referred to as Pinkeye, is an inflammation or infection of the outermost layer of the eye and eyelid. It can be caused by allergies, bacteria or viruses.

How is it spread?

Only conjunctivitis caused by bacteria and viruses are contagious, and can be spread from person-to-person. A person with conjunctivitis should resist touching or itching the eye, and use good hand hygiene.

What are the symptoms?

Symptoms differ depending on the cause. If the cause is an **allergy** (acute or chronic), intense itchiness may be the dominant symptom, and redness or discharge may or may not be present. There may be slight swelling of the eyelid. If a **virus** causes the infection, the eye may be red with watery discharge and some itching. It is usually associated with an upper respiratory illness or common cold symptoms, such as a sore throat. If the infection is caused by **bacteria**, there is usually pus-like discharge that can develop a crust, and a gritty or scratchy feeling in the eye. In both viral and bacterial infections, only one eye may be affected, but the infection can spread to the other. Redness is a common symptom of conjunctivitis, but may be very minor or not present at all.



How is it treated?

Treatment depends on the cause. For **allergic** cases, eye drops and a cool compress to the eye can relieve symptoms. For severe or chronic cases, a doctor may prescribe medicated eye drops or other allergy medications. For **viral** infections, treatment focuses on symptom relief, because, as with other viral illnesses, there is no cure. Eye drops and cool compresses can be helpful. Viral conjunctivitis usually disappears by 3 weeks. **Bacterial** conjunctivitis can be treated with antibiotic eye drops or ointments, and symptoms should improve within one or two days of starting treatment.

Would you like more information? Visit: <http://www.mayoclinic.com/health/pink-eye/DS00258/DSECTION=1>

WHOOPING COUGH (PERTUSSIS)

What is whooping cough?

Whooping cough is a highly contagious bacterial respiratory infection that can be serious, and was the cause of many childhood deaths until a vaccine came out in the 1940s. Recently the number of cases has increased, especially in children who have not yet had the full course of vaccinations, and in adolescents and adults whose vaccine immunity has worn off.

How is it spread?

Air droplets spread whooping cough when an infected person coughs or sneezes. Someone who breathes in the air droplets or touches their mouth with a contaminated item (such as an eating utensil or even your hands) can become ill. A person with the infection is contagious from early infection to about two weeks after the cough begins. A person is no longer contagious five days after the start of antibiotic treatment.

What are the Symptoms?

Beginning symptoms are similar to those of a common cold, including a runny nose, sneezing, a mild cough and a low-grade fever. After one to two weeks, a person will start to have dry coughing spells that can last for up to a minute, and may leave the person red or purple in the face. When breathing in after coughing a high pitched “whoop” sound may be heard. The infected person may even vomit after a particularly distressing coughing spell. The period of illness with coughing spells may last 2 or 4 weeks more after the initial cold-like symptoms. Eventually, resolution of symptoms will occur, which can take months.

How is it treated?

Whooping cough is usually treated with a 2-week long course of antibiotics. Some people, especially young children and infants, may need to be hospitalized to prevent complications. Over-the-counter cough syrups usually do not relieve the coughing spells.

Would you like more information? Visit: <http://www.mayoclinic.com/health/whooping-cough/DS00445>

MENINGITIS

What is Meningitis?

Meningitis is the term used for inflammation of meninges, or the outer membrane that covers your brain and spinal cord. Meningitis can be caused by viruses, bacteria, or fungi, and the severity of the infection depends on the cause. Meningitis can and does occur in all ages, but the population with the highest incidence are people 15-24 years old.

How is it spread?

The most common viruses that cause **viral meningitis** (enteroviruses) can be spread by contact with contaminated items, saliva, mucus or feces of an infected person. The viruses can spread from other areas of infection to the blood and eventually the fluid that surrounds your brain and spinal cord (cerebrospinal fluid or CSF), causing meningitis. **Bacterial meningitis** is a more serious infection than viral meningitis. However, most cases of meningitis are not bacterial, and the chance of catching this infection is low. *Streptococcus pneumoniae* and *Neisseria meningitidis* are the most common bacterial causes, and can be spread through contact with respiratory and throat secretions of an infected person, such as by coughing, kissing, or sharing eating utensils. A person who has started treatment for bacterial meningitis with antibiotics is no longer considered contagious after 24 hours of starting the treatment.

What are the symptoms?

Symptoms of both bacterial and viral meningitis include a fever, stiff neck, nausea and vomiting, a severe headache and sensitivity to light, drowsiness, confusion and possible seizures. Because bacterial meningitis has the potential to cause permanent brain damage, it is important to get to a doctor if these symptoms occur. He or she can do tests to determine if the cause is viral or bacterial.

How is it treated?

Viral meningitis is a less severe infection, and because it is caused by a virus there is no cure. Treatment of symptoms until the virus runs its course can be helpful, such as pain medication for headaches and plenty of fluids and rest. Viral meningitis usually clears in a week to 10 days. Because **bacterial meningitis** is a more serious infection, treatment occurs in a hospital, with IV antibiotics for up to 2 weeks. There are also vaccinations for certain types of meningitis for prevention.

Would you like more information? Visit: <http://www.mayoclinic.com/health/meningitis/DS00118/DSECTION=1>

CHICKENPOX

What is Chickenpox?

Chickenpox, a common school-age illness, is caused by the Varicella-zoster virus. There have been break-through cases of children catching the illness despite childhood vaccination against the virus, leading current recommendations to include a booster shot five years after the initial immunization.

How is it spread?

Chickenpox is highly contagious, and is spread by person-to-person contact and through the air from an infected person coughing or sneezing. A person is contagious from 2 days before the appearance of the rash, until the pox have crusted over, which can take up to 10 days.

What are the symptoms?

Chickenpox shows up on the skin as an itchy rash, with red raised blisters. Eight to 12 hours after appearing, these blisters eventually burst and crust over. New blisters may continue to show up on the skin for about 5 days before the spread of the rash stops. Before the outbreak of the rash, a person may experience other symptoms such as a fever, headache, stomachache or cold symptoms, like a runny nose or cough.



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<http://www.mayoclinic.com/health/chickenpox/DS00053/DSECTION=2>

How is it treated?

Because a virus causes Chickenpox, there is no cure. Treatment focuses on symptomatic relief. A doctor may choose to prescribe an antiviral medication in certain situations for a person who has a high risk for complications, but usually the virus must just run its course.

Would you like more information? Visit: <http://www.mayoclinic.com/health/chickenpox/DS00053/DSECTION=1>