

COMMON CHILDHOOD ILLNESSES

DIARRHOEA

- Diarrhoea occurs when stools contain more water than normal.
- It is common in children, especially those between 6 months and 2 years of age.
- It is more common in babies under 6 months who are drinking cow's milk or infant formulas.
- A young infant with diarrhoea can be placed in one of the following 3 categories: (1) acute watery diarrhoea; (2) dysentery (bloody diarrhoea); and (3) persistent diarrhoea (diarrhoea that lasts more than 14 days). All young infants with diarrhoea should be assessed for: (a) signs of dehydration; (b) duration of diarrhoea; and (c) blood in the stool.
- A child with diarrhea need to be assessed for dehydration-child has sunken eyes, lethargic or altered sensorium, not passing urine, skin pinch returns slowly or very slowly.



What to Feed

- If the child is less than 6 months old, continue breastfeeding, preferably for longer periods along with ORS.
- If the child is more than 6 months old; in addition to breast milk, give ORS, and other fluids like soup/rice water, coconut water, lemon water etc.



Remember

- Practicing good hygiene can prevent childhood illnesses.
- Drink clean water: boiled or filtered.
- Cover water.
- Use a ladle; do not dip fingers into container.
- Wash your hands after going to the toilet & before preparing or eating a meal.
- Do not eat stale or contaminated food.
- Wash pots and pans and let them dry before reusing them.
- Consult your doctor before starting any medication for any illness. Do not take medicines on your own.
- Take to a health facility in case any of the danger signs are observed.
- Get the child fully immunized.
- Elimination of waste water collection sources prevents breeding of mosquitoes.
- Use mosquito nets/medicated bed nets while sleeping.

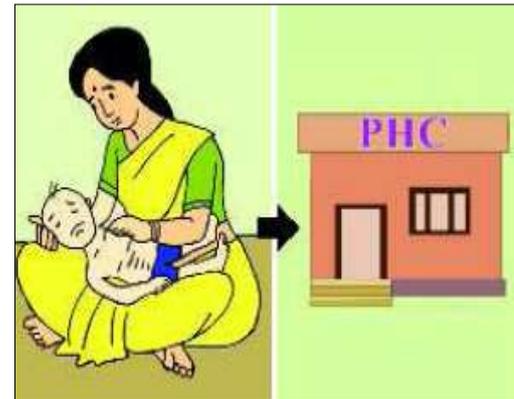


- For older children, give soft foods like banana, khichdi, curd rice etc.
- Give frequent & small sips of ORS, if child vomits, wait for 10 minutes, then continue but slowly.



PNEUMONIA

- Pneumonia is a form of acute respiratory infection that affects the lungs.
- Symptoms: Cough, running nose, fever, fast breathing, chest indrawing.
- Keep the child warm, give plenty of fluids and continue breastfeeding.
- Pneumonia can be prevented by immunization, adequate nutrition (improved breastfeeding and adequate complementary feeding) and by encouraging good hygiene.
- Any danger sign or fast breathing: Refer urgently to hospital.



FEVER

- Child with fever may have simple cough, cold or a viral infection.
- Give plenty of fluids like coconut water, shikanji, butter milk etc.
- Use cold/wet sponge on the forehead and limbs during high fever.
- Encourage the child to eat as soon as food can be taken.
- If the child has fever for more than five days, refer the child to a doctor.

MALARIA

- Malaria spreads by a mosquito bite and can be fatal.
- The patient can have fever with chills & rigors, headache, body ache and vomiting. Malaria affects more frequently and more severely children below five years, pregnant women, or patients who are already ill.
- Indoor residual spraying (IRS) with insecticides and Insecticide-treated bed nets (ITNs) are useful in malaria prevention.
- Preferably make the child wear full sleeve clothes.

