



Learn all you can

Ask your child's health care provider what you can do concerning the following diseases.

Chickenpox (Varicella) is easily spread from person to person through coughing and sneezing. It causes a blister-like rash on the body. May sometimes lead to skin infections, swelling of the brain, and pneumonia.

Diphtheria is caused by a germ that may affect the breathing system. Symptoms may include sore throat and fever. May sometimes lead to difficulty breathing and coma.

Haemophilus influenzae type b (Hib) is a severe infection caused by bacteria and usually affects infants. Hib spreads through coughing and sneezing. Symptoms may include skin, throat, and blood infections, infection around the brain (meningitis), pneumonia, and arthritis. Hib meningitis may lead to brain damage or death.

Hepatitis A is a liver disease caused by the hepatitis A virus (HAV). It's usually spread by putting objects contaminated with hepatitis A virus in the mouth or by having infected food or water. Symptoms may include yellow skin or eyes, tiredness, stomachache, loss of appetite, and nausea.

Hepatitis B is an illness that affects the liver. It is spread through infected blood and other body fluids. Symptoms may include yellow skin or eyes, tiredness, stomachache, loss of appetite, nausea, and joint pain. May sometimes lead to ongoing liver illness, including liver cancer.

Influenza (Flu) is caused by influenza viruses. It spreads through coughing and sneezing. Symptoms may include fever, headache, tiredness, dry cough, sore throat, runny nose, and muscle aches. Problems may sometimes include pneumonia, sinus problems, and ear infections.

Measles is caused by a virus. Symptoms may include rash, high fever, coughing, runny nose, and watery eyes. May sometimes lead to ear infections, pneumonia, swelling of the brain, and seizures.

Mumps is a virus that mainly affects the glands near the jaw. Symptoms may include fever, headache, muscle ache, and swelling around the jaw. May sometimes lead to inflammation around the brain, pancreas, testicles or ovaries, and hearing loss.

Pertussis (Whooping Cough) is a bacterial infection that causes violent coughing and difficulty breathing. Coughing may be so violent that it leads to difficulty eating or drinking. May sometimes lead to pneumonia, swelling of the brain, and occasionally, death.

Pneumococcal Disease is caused by bacteria that are found in the back of the nose and throat. Symptoms may include fever and cough. Problems may sometimes include pneumonia and infection around the brain. It is also one of the most common causes of ear infection.

Polio is caused by a virus that may affect the nervous system. It spreads through contact with an infected person. Symptoms may include fever, sore throat, upset stomach, headaches, and stiffness in the neck, back, and legs. Problems may sometimes include paralysis (an inability to move or feel a part of the body), and occasionally, death.

Rotavirus is the most common cause of severe, dehydrating diarrhea among infants and young children. It is spread primarily through contact with hands and surfaces contaminated with infected stool. Symptoms may include diarrhea, vomiting, fever, and upset stomach. Most children are infected at some point. Severe cases may sometimes lead to hospitalization or rarely, death.

Rubella (German Measles) is a virus that causes rash and fever. It is spread by coughing and sneezing. Especially a concern for pregnant women.

Tetanus (Lockjaw) is a disease of the nervous system caused by a germ. Tetanus enters the body through a cut or wound. Symptoms are painful muscle spasms, lockjaw, and difficulty swallowing. May sometimes lead to death.

Resources for more information about these diseases:

American Academy of
Family Physicians (AAFP)
1-800-274-2237
www.aafp.org

American Academy of
Pediatrics (AAP)
1-847-434-4000
www.aap.org

Centers for Disease Control
and Prevention (CDC)
1-800-CDC-INFO (800-232-4636)
www.cdc.gov

Food and Drug
Administration (FDA)
1-888-463-6332
www.fda.gov

National Institute of
Child Health and
Human Development (NICHD)
1-800-370-2943
www.nichd.nih.gov

