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COMMON CHILDHOOD DISEASES

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COMMON CHILDHOOD ILLNESSES

RUBELLA

Rubella is a contagious viral disease that primarily affects children and young adults and is characterized by a skin rash.

CHARACTERISTICS:

Rubella causes a faint pink rash on the face, trunk (image), and arms and legs.

SYMPTOMS:

- Mild fever of 102°F (38.9°C) or less
- Headache
- Nasal congestion/runny nose
- Redness and itching in the eyes
- Enlarged and tender lymph nodes at the base of the skull, the back of the neck, and behind the ears
- A faint, pink rash that begins on the face and quickly spreads to the torso, arms, and legs, before disappearing in the same order
- Joint pain, especially in young women

MEASLES

It is an acute, contagious and serious viral disease that is transmitted through the air and can cause serious complications or death.

CHARACTERISTICS:

Red with blotchy rash that usually appears first on the face and behind the ears, then spreads down to the chest and back, and finally to the feet.

SYMPTOMS:

- Fever
- Tosses
- Drip of the nose
- Sore throat
- Swollen eyes (conjunctivitis)
- Tiny white spots with a bluish-white center and a red background inside the mouth, on the inner side of the cheek, also called Koplik spots
- Rash consisting of large, flat spots that often merge with each other

MUMPS

Mumps, also known as infectious as parotitis, is a viral disease that causes painful inflammation of the salivary glands.

CHARACTERISTICS:

The salivary glands under the ears or jaw become inflamed.

This swelling can be on one or both sides of the face.

SYMPTOMS:

- Fever
- Headache
- Muscle pains
- Fatigue
- Loss of appetite

LITERATURE

<https://www.mayoclinic.org/es/diseases-conditions/rubella/symptoms-causes/syc-20377310>

<https://www.mayoclinic.org/es/diseases-conditions/measles/symptoms-causes/syc-20374857>

<https://medlineplus.gov/spanish/mumps.html>