

Dear Parent,

A child typically gets 6 to 10 colds a year. With young children exposed to so many illnesses, I thought it would be helpful to provide you with a chart outlining the most common ones. Post it on your fridge so you'll always have it in easy reach.

Sincerely,

(Teacher's Name)

P.S. For more information about germs that can cause illness, visit www.cloroxclassrooms.com.

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Common childhood illnesses

Illness	Causes	Symptoms to look for
Influenza (flu)	<i>Influenza virus</i>	Fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting and diarrhea can occur
Fifth Disease (slap cheek)	<i>Human parvovirus</i>	"Slapped-cheek" rash on the face, lacy red rash on trunk and limbs, low-grade fever, a "cold" a few days before the rash breaks out
Hand, Foot & Mouth Disease	<i>Enteroviruses, like Coxsackievirus A16</i>	Fever, painful sores in the mouth, rash with blisters on hands or soles of feet, poor appetite, sore throat
Conjunctivitis (pink eye)	<i>Streptococcus pneumoniae, Haemophilus influenza and Staphylococcus aureus</i>	Tearing, irritation, bloodshot eye(s), swelling of the eyelids, sensitivity to light, puslike discharge
Strep	<i>Group A streptococci</i>	Red and painful sore throat and white patches on the tonsils, swollen lymph nodes, fever, headache, nausea, vomiting and abdominal pain can occur
Gastroenteritis	<i>E. coli</i>	Watery diarrhea, severe abdominal cramps, low-grade fever, nausea and malaise

E. coli alert!

E. coli outbreaks are becoming more common, which is why it's more important than ever to disinfect surfaces on which the bacteria can spread.

- Sanitize cutting boards and kitchen countertops — particularly after handling raw meat or poultry.
- Hand-washing isn't enough.
- Disinfect towels and linens with Clorox® Regular-Bleach to kill 99.9% of bacteria, including E. coli.

If your kids show symptoms of illness:

- Please keep them home from school or pick them up as soon as possible.
- Thoroughly clean and disinfect all surfaces with products approved to kill bacteria and viruses, as directed.
- Get your doctor's clearance before sending them back to school or day care.

