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1. **Chickenpox**  
[http://www.cdc.gov/Features/PreventChickenpox/](http://www.cdc.gov/Features/PreventChickenpox/)

Chickenpox is a very contagious disease caused by the varicella-zoster virus (VZV). It causes a blister-like rash, itching, tiredness, and fever. This leaves a person feeling very sick and uncomfortable, and may cause sick people to miss a week or more of school or work.

Most children with chickenpox completely recover. But it can be serious, even deadly, especially for babies, pregnant women, adolescents, adults, and people with weakened immune systems.

**Symptoms**

The classic symptom of chickenpox is a rash that turns into itchy, fluid-filled blisters that eventually turn into scabs. The rash may first show up on the face, chest, and back then spread to the rest of the body, including inside the mouth, eyelids, or genital area. It usually takes about one week for all the blisters to become scabs.

Other typical symptoms that may begin to appear 1-2 days before rash include:

- fever
- tiredness
- loss of appetite
- headache

**Transmission**

Chickenpox spreads easily from infected people to others who have never had chickenpox or received the chickenpox vaccine. It spreads in the air through coughing or sneezing. It can also be spread by touching or breathing in the virus particles that come from chickenpox blisters.

**When Is a Person Contagious?**

A person with chickenpox can spread the disease from 1 to 2 days before they get the rash until all their chickenpox blisters have formed scabs (usually 5-7 days).

It takes about 2 weeks (from 10 to 21 days) after exposure to a person with chickenpox or shingles for someone to develop chickenpox.

**Prevention**

The best way to prevent chickenpox is to get the chickenpox vaccine. Children, adolescents, and adults should get two doses of chickenpox vaccine.
Chickenpox vaccine is safer than getting Chickenpox

Two doses of chickenpox vaccine are very effective at preventing disease, including severe disease, complications, and death. Although rare, you can get chickenpox if you have been vaccinated. However, the symptoms are usually very mild, meaning fewer blisters, little or no fever, and quicker recovery.

Also, when you get vaccinated, you protect others in your community. This is especially important for people who cannot get vaccinated. People who cannot get the chickenpox vaccine include pregnant women and those with weakened immune systems.

**Chickenpox Vaccine**

In USA:

CDC recommends:

- Children get the first dose of chickenpox vaccine at 12 through 15 months old and the second dose at age 4 through 6 years.
- People 13 years of age and older who never had chickenpox or been vaccinated should get two doses of chickenpox vaccine at least 28 days apart.

  - If you or your child only got one dose in the past, check with your doctor about getting a second dose.

In Taiwan:

Chickenpox vaccine has been put into children immunization schedule since 2004. The first dose should be administered at one-year-old. However, for those who missed the vaccine or have never received it and **under year 7** (including foreigners under certain conditions as attached below) they still can go to one of the medical institutes such as Taipei City Health Centers, clinics or hospitals to have it for free.

Conditions for foreign children who would like to have a free chickenpox vaccine in Taiwan:

1. Basically, one of the parents **must** have either ARC (Resident Certificate) or Taiwan National Health Insurance card
2. The child’s birth certificate
3. The child **must** have his/her original health & vaccination booklet and bring it to one of the 12 Taipei City District Health Centers (see the chart blow) to get a new Taiwan health & vaccination booklet.

  - Please note that only the first dose of chickenpox vaccine for all is free. For the second dose, you have to pay NTD 2000.
If there is a case of chickenpox:

- The sick person has to be quarantined at home to avoid spreading the virus to others.
- Students infected should stay at home until all their chickenpox blisters have formed scabs and receiving a medical certificate from a doctor.
- He/she and people around him/her have to wash hands often and properly with soap and water
- Having good personal hygiene habits
- Wearing a mask and long sleeves (the blister fluids are highly contagious)
- Keep the air indoor fresh by opening the door and windows
- Avoiding contact people at high risk for chickenpox like babies, pregnant women, people with weakened immune systems.
- Using 5-6 % bleach to disinfect the environment. The ratio of bleach to water is 1: 100.
2. **Conjunctivitis (pink eye)**  
https://www.cdc.gov/conjunctivitis/

Conjunctivitis is often called "pink eye" because it can cause the white of the eye to take on a pink or red colour. Conjunctivitis is a common eye infection, especially among children under five. It is an inflammation (swelling and redness) of the conjunctiva which is the clear membrane that covers the white part of the eye and the inner surface of the eyelids.

**Causes**

It can be caused by

- Viruses (very contagious)
- Bacteria (very contagious)
- Allergens (not contagious)
- Irritants, like smoke and dust (not contagious)

**Viral Conjunctivitis**

- Sometimes can result in large outbreaks depending on the virus
- Usually begins in one eye and may spread to the other eye within days
- Discharge from the eye is usually watery rather than thick
- Can occur with symptoms of a cold, flu, or other respiratory infection

**Bacterial Conjunctivitis**

- More common in children than adults
- A leading cause of children being absent from daycare or school
- Usually begins in one eye and sometimes spreads to the other eye
- Sometimes occurs with an ear infection
- More commonly associated with discharge of pus, especially a yellow-green color

**Allergic Conjunctivitis**

- The result of the body's reaction to allergens, such as pollen, dust mites, pet dander, medicines, or cosmetics
- Usually occurs in both eyes
- Can produce intense itching, tearing, and swelling in the eyes
- May occur with symptoms of allergy, such as an itchy nose, sneezing, a scratchy throat, or asthma

Conjunctivitis Caused by Irritants

- Foreign bodies in the eye (like a loose eyelash)
- Can occur when contact lenses are worn too long or not cleaned properly
- Conjunctivitis caused by allergens or irritants is not contagious unless a secondary viral or bacterial infection develops

Symptoms

- Pink or red color in the white of the eye(s)
- Swelling of the conjunctiva (the thin layer that lines the white part of the eye and the inside of the eyelid) and/or eyelids
- Watery eyes
- A gritty feel
- Itchiness, irritation, or burning
- Discharge
- Crusting of the eyelids or lashes

Transmission

- Close personal contact, such as touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then touching your eyes before washing your hands

Prevention

*If You Have Conjunctivitis*

- Wash your hands often with soap and water, especially before and after cleaning, or applying eye products to, your infected eye. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- Do not use the same eye products for your infected and non-infected eyes.
- Wash discharge from your eye(s) several times a day.
- Wash pillowcases, sheets, cloths, and towels; wash your hands after handling such items.
- Stop wearing contact lenses until your eye doctor says it’s okay.
- Being careful not to contaminate items that might be shared by other people.
- Do not share personal items.
- Do not use swimming pools.

If You Are Around Someone with Conjunctivitis

- Wash your hands often with soap and water, and help young children do the same.
- Wash hands after touching someone with pink eye or their personal items.
- Avoid touching your eyes with unwashed hands.
- Do not share items with someone with pink eye.

When to Seek Medical Care

- Eye pain
- Sensitivity to light or blurred vision
- Intense eye redness
- Symptoms that get worse or don’t improve
- A weakened immune system, for example from HIV infection, cancer treatment
- Pre-existing eye conditions

- A doctor usually diagnoses the cause of pink eye based on symptoms and patient history. Newborns with symptoms of conjunctivitis should see a doctor right away.

- Taiwan CDC urges the public to pay attention to their personal hygiene and advises families with infected children to react promptly by seeking immediate medical help, ensuring the sick child rest at home, handling eye discharge with care, and washing hands with soap frequently.
3. Dengue

https://www.cdc.gov/dengue/index.html

Dengue (pronounced den' gee) is a disease caused by any one of four closely related dengue viruses (DENV 1, DENV 2, DENV 3, or DENV 4). Infection with one serotype does not protect against the others, and sequential infections put people at greater risk for dengue hemorrhagic fever (DHF) and dengue shock syndrome (DSS).

**Dengue hemorrhagic fever (DHF)**

DHF is a more severe form of dengue infection. It can be fatal if unrecognized and not properly treated in a timely manner. DHF is caused by infection with the same viruses that cause dengue fever. With good medical management, mortality due to DHF can be less than 1%.

**Transmission of the Dengue Virus**

Dengue is transmitted between people by the mosquitoes *Aedes aegypti* and *Aedes albopictus*, which are found throughout the world. The mosquito becomes infected with dengue virus when it bites a person who has dengue virus in their blood. The person can either have symptoms of dengue fever or DHF, or they may have no symptoms. After about one week, the mosquito can then transmit the virus while biting a healthy person. The mosquito remains infected for the remainder of its life, which might be days or a few weeks. Dengue cannot be spread directly from person to person.

**The symptoms of the disease**

The principal symptoms of dengue are:

- High fever and at least two of the following:
  - Severe headache
  - Severe eye pain (behind eyes)
  - Joint pain
  - Muscle and/or bone pain
  - Rash
  - Mild bleeding manifestation (e.g., nose or gum bleed, petechiae, or easy bruising)
  - Low white cell count
Generally, younger children and those with their first dengue infection have a milder illness than older children and adults.

Dengue hemorrhagic fever (DHF) is characterized by a fever that lasts from 2 to 7 days, with general signs and symptoms consistent with dengue fever. When the fever declines, warning signs may develop. This marks the beginning of a 24 to 48 hour period when the smallest blood vessels (capillaries) become excessively permeable ("leaky"), allowing the fluid component to escape from the blood vessels into the peritoneum (causing ascites) and pleural cavity (leading to pleural effusions). This may lead to failure of the circulatory system and shock, and possibly death without prompt, appropriate treatment. In addition, the patient with DHF has a low platelet count and hemorrhagic manifestations, tendency to bruise easily or have other types of skin hemorrhages, bleeding nose or gums, and possibly internal bleeding.

Watch for warning signs as temperature declines 3 to 7 days after symptoms began. Go IMMEDIATELY to an emergency room or the closest health care provider if any of the following warning signs appear:

- Severe abdominal pain or persistent vomiting
- Red spots or patches on the skin
- Bleeding from nose or gums
- Vomiting blood
- Black, tarry stools (feces, excrement)
- Drowsiness or irritability
- Pale, cold, or clammy skin
- Difficulty breathing

**Treatment**

There is no specific medication for treatment of a dengue infection. Persons who think they have dengue should avoid those containing ibuprofen, Naproxen, aspirin or aspirin containing drugs. They should also rest, drink plenty of fluids, and consult a physician. If they feel worse (e.g., develop vomiting and severe abdominal pain) in the first 24 hours after the fever declines, they should go immediately to the hospital for evaluation.

As with dengue fever, there is no specific medication for DHF. It can however be effectively treated by fluid replacement therapy if an early clinical diagnosis is made. DHF management frequently requires hospitalization.
When infected, early recognition and prompt supportive treatment can substantially lower the risk of medical complications and death.

**Travel & Dengue breaks**

Outbreaks of dengue occur primarily in areas where *Ae. aegypti* (sometimes also *Ae. albopictus*) mosquitoes live. This includes most tropical urban areas of the world. Dengue viruses may be introduced into areas by travelers who become infected while visiting other areas of the tropics where dengue commonly exists.

International travelers’ risk of dengue infection can vary dependant on transmission in the area as well as exposure to mosquitoes. You are at greater risk when an outbreak or epidemic is occurring. If your hotel or resort does not have air conditioning or windows and doors with secure, intact screens you may be at higher risk. You should take precautions like using repellent and killing any visible mosquitoes. Repellent can be applied to exposed skin and/or clothing.

**Prevention**

There is no vaccine available against dengue, and there are no specific medications to treat a dengue infection. This makes prevention the most important step, and prevention means avoiding mosquito bites.

The best way to reduce mosquitoes is to eliminate the places where the mosquito lays her eggs, like artificial containers that hold water in and around the home. Outdoors, clean water containers like pet and animal watering containers, flower planter dishes or cover water storage barrels. Look for standing water indoors such as in vases with fresh flowers and clean at least once a week.

The adult mosquitoes like to bite inside as well as around homes, during the day and at night when the lights are on. To protect yourself, use repellent on your skin while indoors or out. When possible, wear long sleeves and pants for additional protection. Also, make sure window and door screens are secure and without holes. If available, use air-conditioning.

If someone in your house is ill with dengue, take extra precautions to prevent mosquitoes from biting the patient and going on to bite others in the household. Sleep under a mosquito bed net, eliminate mosquitoes you find indoors and wear repellent!

The emphasis for dengue prevention is on sustainable, community-based, integrated mosquito control, with limited reliance on insecticides (chemical larvicides, and adulticides). Preventing epidemic disease requires a coordinated community effort to increase awareness about dengue fever/DHF, how to
recognize it, and how to control the mosquito that transmits it. Residents are responsible for keeping their yards and patios free of standing water where mosquitoes can be produced.

**Additional information you might be interested**

The four dengue viruses originated in monkeys and independently jumped to humans in Africa or Southeast Asia between 100 and 800 years ago. Dengue remained a relatively minor, geographically restricted disease until the middle of the 20th century. The disruption of the second world war – in particular the coincidental transport of *Aedes* mosquitoes around the world in cargo - are thought to have played a crucial role in the dissemination of the viruses. DHF was first documented only in the 1950s during epidemics in the Philippines and Thailand. It was not until 1981 that large numbers of DHF cases began to appear in the Carribean and Latin America, where highly effective *Aedes* control programs had been in place until the early 1970s.

**Dengue Transmission Vectors**

*Aedes aegypti*

Dengue viruses are mainly transmitted by the bite of infected *Aedes aegypti* mosquitoes; an invasive, domestic species with tropical and subtropical worldwide distribution that originated in Africa.

*Aedes albopictus*

Another important mosquito vector of dengue is *Aedes albopictus*, which is also an invasive species originally from Asia.
4. **Enterovirus (Hand, Foot & Mouth Disease)**


Enterovirus (Hand, foot, and mouth disease) is a common virus illness that usually affects infants and children younger than 5 years old. However, it can sometimes occur in adults.

** Symptoms **

It usually starts with a fever, reduced appetite, sore throat, and a feeling of being unwell (malaise). One or two days after the fever starts, painful sores can develop in the mouth (herpangina). They begin, often in the back of the mouth, as small red spots that blister and can become ulcers. A skin rash with red spots, and sometimes with blisters, may also develop over one or two days on the palms of the hands and soles of the feet; it may also appear on the knees, elbows, buttocks or genital area. Some people, especially young children, may get dehydrated if they are not able to swallow enough liquids because of painful mouth sores. However, it is important for people with Enterovirus (hand, foot, and mouth disease) to drink enough liquids to prevent dehydration (loss of body fluids).

** Transmission **

Generally, a person with Enterovirus (hand, foot, and mouth disease) is most contagious during the first week of illness. People can sometimes be contagious for days or weeks after symptoms go away. Some people, especially adult, may not develop any symptoms, but they can still spread the virus to others.

** Prevention **

This is why people should always try to maintain good hygiene and you can lower your risk of being infected by:

- Washing hands often with soap and water, especially after using toilet.
- Cleaning and disinfecting frequently touched surfaces and soiled items, including toys.
- Avoiding close contact such as kissing, hugging, or sharing eating utensils or cups with people with hand, foot, and mouth disease.

Enterovirus (Hand, foot, and mouth disease) is caused by viruses that belong to the Enterovirus genus (group), including polioviruses, coxsackieviruses, echoviruses, and enterovirus. There is no vaccine to protect against the cause Enterovirus (hand, foot, and mouth disease).

**If there are cases of Enterovirus in the community, parents should check their child’s temperature at home every morning, and if it is over 37.5 degrees, the child should stay at home.**


- Taipei City Government requests that students who have been diagnosed with Enterovirus should be quarantined (stay at home) at least for 7 days to prevent risk of intermission
5. **Fifth Disease “Slapped Cheek Syndrome”**

http://www.cdc.gov/parvovirusB19/fifth-disease.html

Fifth disease got its name because it was fifth in a list of historical classifications of common skin rash illnesses in children.

Fifth disease is a mild rash illness caused by parvovirus B19. This disease is also called erythema infectiosum. It is more common in children than adults. A person usually gets sick within 4 to 14 days (sometimes up to 20 days) after getting infected with parvovirus B19. About 20% of children and adults who get infected with this virus will not have any symptoms.

**Symptoms**

The first symptoms of fifth disease are usually mild and nonspecific:

- Fever, Runny nose, and Headache

Next, you may get a rash on your face and body: After several days, a red rash may appear on the face. This is called ‘slapped cheek rash’, and is the most recognised feature of fifth disease.

It is more common in children than adults. Some people may get a second rash a few days later on their chest, back, buttocks, or arms and legs. The rash may be itchy, especially on the soles of the feet. The rash can vary in intensity and may come and go for several weeks. It usually goes away in 7 to 10 days, but it can last for several weeks. As the rash starts to go away, it may look lacy.

You may also have painful or swollen joints:

People with fifth disease can also develop pain and swelling in their joints (polyarthropathy syndrome). This is more common in adults, especially women. Some adults with fifth disease may only have painful joints, usually in the hands, feet, or knees, with no other symptoms.

**Treatment**

Fifth disease is usually mild and will go away on its own. Children and adults who are otherwise healthy usually recover completely. Treatment usually involves relieving symptoms, such as fever, itching, and joint pain and swelling.

**Prevention**

There is no vaccine or medicine that can prevent parvovirus B19 infection. You can reduce your chance of being infection or infecting others by
• Washing your hands often with soap and water
• Covering your mouth and nose when you cough or sneeze
• Not touching your eyes, nose, or mouth
• Avoiding close contact with people who are sick
• Staying home when child is sick
6. **Gastroenteritis / Diarrhea**


Gastroenteritis means inflammation of the stomach and small and large intestines. Viral gastroenteritis is an infection caused by a variety of viruses which results in vomiting or diarrhoea. It is often called the “stomach flu,” although it is not caused by the influenza viruses.

Many different viruses can cause gastroenteritis, including rotaviruses; noroviruses (see below); adenoviruses, types 40 and 41; sapoviruses; and astroviruses. Viral gastroenteritis is not caused by bacteria or parasites or by medications or other medical conditions, although the symptoms may be similar. Your doctor can determine if the diarrhea is caused by a virus or by something else.

**Symptoms**

The main symptoms of viral gastroenteritis are watery diarrhea and vomiting. The affected person may also have a headache, fever and abdominal cramps (stomach ache). In general, the symptoms begin 1 to 2 days following infection with a virus that causes gastroenteritis and may last for 1 to 10 days, depending on which virus causes the illness.

For more information on viruses that cause viral gastroenteritis, see
Rotavirus is a virus that spreads easily among infants and young children. The virus can cause severe watery diarrhea, vomiting, fever, and abdomen pain. Children who get rotavirus disease can become dehydrated.

Prevention

Rotavirus vaccine is the best way to protect your child against rotavirus illness. Most children (about 9 to out of 10) who get the vaccine will be protected from severe rotavirus illness. While about 7 out of 10 children will be protected from rotavirus illness.
8. **Adenoviruses**


Adenoviruses are common causes of respiratory illness, but most infections are not severe. They can cause cold-like symptoms, sore throat, bronchitis, pneumonia, diarrhea, and pink eye (conjunctivitis). You can get an adenovirus infection at any age, but infants and people with weakened immune systems are more likely than others to develop severe illness from adenoviruses.....

There is no adenovirus vaccine available treatment for people with adenovirus infection. Most adenovirus infections are mild and may require only care to help relieve symptoms
9. **Head Lice**

[http://www.cdc.gov/healthywater/hygiene/disease/head_lice.html](http://www.cdc.gov/healthywater/hygiene/disease/head_lice.html)

Head lice, or Pediculus humanus capitis, are parasitic insects that can be found on the head and neck and survive by feeding on human blood. Lice are spread most commonly by close person-to-person contact.

**Signs and symptoms**

- Tickling feeling of something moving in the hair
- Itching, caused by an allergic reaction to the bites of the head louse
- Irritability and difficulty sleeping; head lice are most active in the dark
- Sores on the head caused by scratching. These sores can sometimes become infected with bacteria found on the person’s skin

**Prevention**

Getting head lice is not related to the cleanliness of a person or his environment; however, good hygiene is still important to help prevent and control the spread of head lice:

- Avoid head-to-head (hair-to-hair) contact during play and other activities at home, school, and elsewhere (sports activities, playground, slumber parties, and camp).
- Never share clothing such as hats, scarves, coats, sports uniforms, hair ribbons, or barrettes.
- Never share combs, brushes, or towels. Disinfest combs and brushes used by an infested person by soaking them in hot water (at least 54°C) for 5-10 minutes.
- Never lie on beds, couches, pillows, carpets, or stuffed animals that have recently been in contact with an infested person.
- Machine wash and dry clothing, bed linens, and other items that an infected person wore or used during the 2 days before treatment using the hot water (54°C) laundry cycle and the high heat drying cycle. Clothing and items that are not washable can be dry-cleaned OR sealed in a plastic bag and stored for 2 weeks.

Other family members should be checked for signs of infestation. To help control a head lice outbreak in school children can be taught to avoid activities that may spread head lice.
10. **Influenza**

[https://www.cdc.gov/flu/index.htm](https://www.cdc.gov/flu/index.htm)

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It is an acute viral infection that spreads easily from person to person in any age group and that can cause serious complications in certain risk groups.

In addition to seasonal epidemics, influenza pandemics can occur when a new influenza virus subtype emerges or when an animal influenza virus begins to spread among humans.

**Prevention**

The best way to prevent the flu is by getting vaccinated each year.
11. **Measles**

[https://www.cdc.gov/measles/](https://www.cdc.gov/measles/)

Measles is a respiratory disease caused by a virus in the paramyxovirus family and it is normally passed through direct contact and through the air. The virus infects the respiratory tract, then spreads throughout the body. It is so contagious that anyone who is exposed to it and is not immune will probably get the disease. Therefore, it is extremely important that children receive their vaccinations at the recommended times.

**Symptoms**

Symptoms of measles include fever, runny nose, cough and a rash all over the body. Its infectivity lasts from about two to four days before the onset of the rash until two to five days after.

**Transmission**

Measles spreads through the air by breathing, coughing or sneezing.

Complications are relatively common and differ greatly in severity. They can include ear infection, pneumonia, seizures, and brain damage. Adults who catch the disease are more prone to serious complications. Measles can also make a pregnant woman have a miscarriage or give birth prematurely.

**Prevention**

It is so contagious that anyone who is exposed to it and is not immune will probably get the disease. Therefore, it is extremely important that children receive their vaccinations at the recommended times.
12. **Mumps**

[https://www.cdc.gov/mumps/](https://www.cdc.gov/mumps/)

Mumps is an infection caused by a virus and spread human-to-human via direct contact or by airborne droplets. It is sometimes called infectious parotitis, and it primarily affects the salivary glands.

**Symptoms**

Initial symptoms are typically non-specific, such as headache, malaise and fever, followed within a day by the characteristic swelling of the parotid (salivary) glands.

Mumps is generally a mild childhood disease, most often affecting children between five and nine years old. However, the mumps virus can infect adults as well and when it does, possible complications are more likely to be serious.

Complications of mumps can include meningitis (in up to 15% of cases), orchitis and deafness. Very rarely, mumps can cause encephalitis and permanent neurological damage.
13. **Noroviruses** (see also Gastroenteritis)


Norovirus, which causes diarrhoea and vomiting, is one of the most common stomach bugs in the UK. It's also called the "winter vomiting bug" because it's more common in winter, although you can catch it at any time of the year.

Norovirus is highly contagious. It's particularly prevalent in schools and nurseries as the virus can survive for several days on surfaces or objects. But it can affect people of all ages and cause vomiting and diarrhoea.

There is no cure for Norovirus, so it has to be left to run its course. The symptoms are unpleasant and can initially be quite distressing, but they shouldn't last for more than a couple of days.
14. **Rubella / German Measles**

http://www.cdc.gov/Features/Rubella/

Rubella, sometimes called German measles, is a disease caused by a virus. The infection is usually mild with fever and rash. If a pregnant mother gets infected, the virus can also cause serious birth defects. The MMR vaccine protects against rubella.

Rubella usually causes the following symptoms in children:

- A rash that starts on the face and spreads to the rest of the body
- A low fever (less than 38 °C)

These symptoms last two to three days.

Older children and adults may have swollen glands and symptoms like a cold before the rash appears. Aching joints occur in many cases, especially among women.
15. **Scabies**

http://www.cdc.gov/parasites/scabies/

Human scabies is caused by an infestation of the skin by the human itch mite (Sarcoptes scabiei var. hominis). The microscopic scabies mite burrows into the upper layer of the skin where it lives and lays its eggs.

**Symptoms**

The most common symptoms of scabies are intense itching and a pimple-like skin rash. The scabies mite is usually spread by direct, prolonged, skin-to-skin contact with a person who has scabies. When a person is infested with scabies mites for the first time, symptoms usually do not appear for up to two months (2-6 weeks) after being infected; however, an infested person still can spread scabies during this time even though he/she does not have any symptoms.

If a person had had scabies before, symptoms appear much sooner (1-4 days) after exposure. The most common symptoms of scabies, itching and a skin rash, are caused by sanitisation (a type of “allergic” reaction) to the proteins and feces of the parasite. Severe itching (pruritus), especially at night, is the earliest and most common symptom of scabies. A pimple – like (papular) itch (pruritic) “scabies rash” is also common. Itching and rash may affect much of the body or be limited to common sites such as:

- Between the fingers
- Wrist
- Elbow
- Armpit
- Penis
- Nipple
- Waist
- Buttocks
- Shoulder blades

**Transmission**

An infested person can transmit scabies, even if they do not have symptoms, until they are successfully treated and the mites and eggs are destroyed.
16. **Scarlet Fever (strep throat)**

[http://www.cdc.gov/Features/ScarletFever/](http://www.cdc.gov/Features/ScarletFever/)

Scarlet fever results from group A strep infection. If your child has a sore throat and rash, their doctor can test for strep.

Not as common as it once was, scarlet fever – scarlatina – is a bacterial infection caused by group A Streptococcus or “group A strep.” This illness affects a small percentage of people who have strep throat or, less commonly, a streptococcal (type of bacterial) skin infection.

**Symptoms**

- A very red, sore throat
- A fever (38 °C or above)
- A red rash with a sandpaper feel
- Bright red underarm, elbow and groin skin creases
- A whitish coating on the tongue or back of the throat
- A “strawberry” tongue
- Headache
- Nausea and/or vomiting
- Swollen glands
- Body aches

**Prevention**

The best way to keep from getting infected is to wash your hands often and avoid sharing eating utensils, linens, towels or other personal items. It is especially important for anyone with a sore throat to wash his or her hands often.

**Treatment**

Prompt treatment with antibiotics can protect a child from possible complications.

Scarlet fever is treatable with antibiotics and usually is a mild illness, but it needs to be treated to prevent rare but serious complications.