

Symptoms of common health complaints

Illness or issue	Description	Symptoms
Bronchiolitis	A viral respiratory infection where airways become inflamed and feel with mucous. It affects the function of the lungs. It is contagious and passes via coughing, sneezing and direct contact (e.g. Handling used tissues).	<ul style="list-style-type: none"> - Runny nose, sneezing and fever - cough - wheeze on outward breath - difficulty breathing - breath is laboured with chest rising more than normal
Chickenpox (Varicella-zoster virus)	A highly contagious virus spread through direct contact with person or lesion (i.e. Open wound) or from droplets spread from coughing or sneezing.	<ul style="list-style-type: none"> - Fever, sore throat and headache - an itchy skin rash over the whole body - within the rash small blisters surrounded by pink areas will appear
Common cold	A viral condition that can be spread via coughing, sneezing and direct contact (e.g. Handling used tissues).	<ul style="list-style-type: none"> - Blocked or runny nose - sneezing - sore throat - cough - headache - fever
Conjunctivitis	An inflammation of the membranes in the eye. It is highly contagious and can be passed via hand to eye contact or via cloth to cloth contact.	<ul style="list-style-type: none"> - Discharge from the eye that is white or yellow in colour - eyes may be stuck together after sleeping - eyes may be itchy and irritable - eyes might appear bloodshot
Constipation	The inability to pass faeces	<ul style="list-style-type: none"> - Infrequent stools and difficulties passing stool - hard palate like stools - pain on passing a stool - occasional bleeding from the rectum - tiredness, irritability and stomach pains
Croup	A viral illness causing acute inflammation of the upper respiratory tract. Commonly affects young babies and children. Involves airways becoming swollen and narrow. Is past between children via coughing and sneezing.	<ul style="list-style-type: none"> - General cold symptoms at first - barking coughs - hoarse voice - breathing is noisy - difficulty breathing - high fever and drooling from the mouth
Diabetes	Caused by having too little or too much insulin in the body. Insulin helps glucose go from the bloodstream to the body cells and is important in converting food into energy.	<ul style="list-style-type: none"> - Tiredness - increasing thirst - passing lots of urine - weight loss - glucose in the urine - drowsiness - dehydration

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Diarrhoea	A viral or bacterial infection that leads to very loose stools. It can be passed via hand to hand contact.	<ul style="list-style-type: none"> - Cramp and abdominal pain - loose and explosive bowel motions - frequent water motions - stools may be discoloured - dehydration
Ear infection	Usually a viral infection with occasional secondary bacterial infections. Often follows a cold. Inflammation of the lining of the middle ear is common.	<ul style="list-style-type: none"> - Ear pain - fever - irritability - loss of appetite
Fever	This can be caused by a viral or bacterial infection. Occasionally follows routine immunisations.	<ul style="list-style-type: none"> - High temperature. i.e. over 39°C - feels hot to touch - shivering or feeling very hot
Influenza (flu)	This is a viral infection spread by coughing and sneezing from other infected persons.	<ul style="list-style-type: none"> - Sneezing and coughing - high fever - chills and sweating - headache - weak and tired - joint pain - loss of appetite - chesty cough - breathing difficulties - intense headache - stiff neck - lethargic
Gastroenteritis	This can be a viral or bacterial infection. It can be a serious disease in younger children due to the dehydration it causes.	<ul style="list-style-type: none"> - Vomiting and diarrhoea - abdominal pain and cramps - fever - dehydration - might have blood in the stool
Head lice	An insect infestation within areas of the hair.	<ul style="list-style-type: none"> - Itchy scalp - insects eggs are visible attached to the base of the hair - sometimes the insects themselves will be visible
Hepatitis	A viral infection that attacks the liver. Comes in a variety of types (A, B, C) and is considered a serious disease.	<ul style="list-style-type: none"> - Jaundice (yellowish discolouration of the skin) - loss of appetite - nausea - weakness - abdominal pain

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Meningococcal meningitis	A highly contagious, life-threatening acute bacterial infection. Involves inflammation of the spinal cord and brain. Passed by coughing, sneezing, kissing, sharing drinks and food.	<ul style="list-style-type: none"> - Severe headache - Fever (that might not respond to paracetamol) - fatigue, drowsiness, phage it - stiff or painful neck - sensitivity to light - convulsions - vomiting - cold hands and feet - cold shivers - severe aches or pain in the muscles joints chests or abdomen - rapid breathing - diarrhoea - in later stages a pinprick or purple bruise like rash across the body
Pneumococcal meningitis	A bacterial infection passed via sneezing, coughing and saliva transfer.	<ul style="list-style-type: none"> - Fever - sensitivity to bright light - vomiting - headache - stiff neck - joint and muscle pain - irritability - drowsy and disorientated - loss of consciousness
Roseola	A viral infection	<ul style="list-style-type: none"> - High fever - loss of appetite - swollen lymph glands in the neck - a rash of pink or red spots all over the body
Rubella (German measles)	A viral infection that can have serious consequences on the under born child of a pregnant woman if she comes into contact with it. Highly contagious via coughing, sneezing or direct contact	<ul style="list-style-type: none"> - Mild fever - mild rash on body, and face - joint pain - swollen glands - headache, cough, cold
Thread worm	A parasitic infestation: infection occurs after ingesting a pin worm egg. Worm eggs can survive outside the body for up to 14 days usually in dirt or dust.	<ul style="list-style-type: none"> - Itchy bottom - loss of appetite or fussy eating - worms may be visible in stools or from the anus at night

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Tonsillitis	An infection or inflammation of the tonsils. Spread through the air in droplets when an infected person breathes, coughs or sneezes. Sore throat	<ul style="list-style-type: none"> - tonsils that look red and swollen - tonsils have spots on them or pass that covers them completely or in patches - fever - cold symptoms, runny and stuffy nose - sneezing and coughing
Urinary tract infection	A bacterial infection: occurs more frequently in girls. Untreated UTI can cause damage to the kidneys.	<ul style="list-style-type: none"> - Increased urine output - painful or burning sensation with urination - offensive odour - older children may have daytime and night time toileting accidents - high fever
Whooping cough (Pertussis)	A bacterial infection that is highly contagious to an un-immunised child. It is spread via sneezing, coughing and direct contact.	<ul style="list-style-type: none"> - Initial symptoms are similar to a common cold - cough develops where child may have a coughing spasm lasting for a minute or more - characteristic whooping sound as the child tries to draw breath - difficulty breathing - face may turn red or blue - may vomit after an attack - may have no other symptoms between attacks