



# Children's diseases and their treatment

Instructions for the health and well-being of immigrants



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## **Stomach flu**

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- Stomach flu is caused by viruses or food poisoning.
- Stomach flu caused by a virus is highly contagious as a contact infection, which is why it is important to wash hands.
- The symptoms include stomach pain, vomiting and diarrhea.
- Stomach flu may also cause headache and fever.
- The child can usually be treated at home: make sure the child drinks enough fluids so that they are not dehydrated. Give the child a sort of drink they like.
- Diarrhea drinks are sold in pharmacies.

### **SEE A DOCTOR:**

- if the vomiting or diarrhoea continues longer than three days
- if the vomiting or diarrhoea is almost non-stop
- if the child is under 6 months old
- if the child does not drink
- if the child is tired and limp.

### **WHEN TO RETURN TO DAY CARE?**

When the symptoms are over and the child feels well enough to go to day care.

## **Pinworms**

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- A pinworm is a small (1–2 cm) white worm living in human bowels.
- They are common in day care and school-aged children. A pinworm infection is not a sign of bad care or hygiene of the child.
- The contagion happens when the child swallows the worm's eggs and can happen through skin contact, toys, clothes or bedclothes.
- The symptom of a pinworm infection is itching in the anal area. The pinworms can be seen at the mouth of the anus and in the feces.
- Oral self-care medication (e.g. Pyrvin and Vermox) is available for the treatment of a pinworm infection. The whole family is usually treated at the same time to make sure those without symptoms are also healed. All the underwear and bedclothes should be washed while taking the medication and the toilet should be cleaned. The eggs can also be killed in a sauna or in freezing temperatures.
- Inform the daycare centre of the pinworm infection so that they can take care of the potential epidemic.

### **WHEN TO RETURN TO DAY CARE?**

When the medication treatment has started.

## Lice

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- A head louse is a very small, translucent, wingless insect of about 2–3 millimetres that lives in hair, behind the ears and on the neck.
- Small lice epidemics occur in daycare centres and schools.
- A louse travels from one head to another when children are playing, for example. Head lice do not fly or jump. They can also travel in bedclothes, hairbrushes or hats.
- Lice may cause itchiness. The bite marks may be red. Sometimes, there are no symptoms. Head lice do not spread diseases.
- The treatment of lice must be started as soon as they are found in the hair.
- The most important treatment is thoroughly combing the hair with a dense lice comb. Wet the hair, apply conditioner and comb the hair from the roots to the tips, one section at a time. Comb the hair every other day for two weeks.
- Head lice can be removed with lice shampoos and chemical treatments.
- Inform the daycare centre or school of the lice.
- The child does not need to stay out of day care once the treatment has started.
- Contact your healthcare centre if you tried self-care and it did not work.

### WHEN TO RETURN TO DAY CARE?

When the treatment is over.

### Eye inflammation

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- The symptoms include redness of the eyes, a burning sensation and discharge.
- The symptoms often disappear in 3–5 days
- Redness and watery eyes are common during a head cold
- Contact infection. The child rubs their eyes and touches toys and objects that infect others.
- Self-care: Cleaning the eyes and rinsing them with water. Good hand hygiene.

### SEE A DOCTOR:

- If there is a lot of discharge from the eyes and they are irritated.
- If necessary, the doctor will prescribe antibiotic drops.
- See a doctor if you feel pain in or around the eye and your vision is weakened, the eye is sensitive to light or secretes clear fluid. See a doctor if there is swelling around the eye.
- The child can return to day care once the eye is healed.

## Molluscum

- Molluscum is a virus-caused bump on the skin.
- Contact infection. Found in toddlers and schoolchildren, rarely in adults.
- Mollusca usually last for months or up to 1–2 years and disappear without leaving a mark. They may recur.
- There are usually several mollusca. They are most often found on thin areas of skin, such as the insides of elbows, thighs and knuckles
- Inflammation and itching are signs of healing.

### SEE A DOCTOR:

Mollusca do not require a doctor's appointment. If you have questions about bumps on the skin, you can show them to a nurse.

### WHEN TO RETURN TO DAY CARE:

The child can go to day care or school as usual.

## Impetigo

- Impetigo is a highly contagious bacterial infection of the skin. Children infect each other when playing.
- Impetigo can occur anywhere on the skin but it is most common on the face around the nose and mouth, in the hairline and on the hands.
- Small impetigo can be treated with antibiotic cream that is applied twice a day for about a week after washing the area with soap.
- The risk of infection can be reduced with good hygiene, including washing with soap and using hand disinfectants.

### SEE A DOCTOR:

See a doctor in 1–3 days during daytime if the impetigo spreads to an area over 6 square centimetres in size. The treatment is an antibiotic cream as well as an oral course of antibiotics for 7–10 days.

### WHEN TO RETURN TO DAY CARE?

Small children must not return to day care until the sores have dried and all the scabs have come off.

### References:

- [www.thl.fi/fi/web/lastenneuvolakasikirja/ohjeet-ja-tukimateriaali/terveysneuvonta/infektiot](http://www.thl.fi/fi/web/lastenneuvolakasikirja/ohjeet-ja-tukimateriaali/terveysneuvonta/infektiot)
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