



Children's Hospital

HEALTHY

Kidz

A publication for parents of Preschool age children  
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## The harmfulness of second-hand smoke to children

As a parent, you are concerned about your child's health. But are you concerned enough to quit smoking?

Second-hand smoke, or passive smoke, puts children at an increased risk to suffer from lower respiratory tract infections such as pneumonia and bronchitis. Children are also more likely to have reduced lung function and symptoms of respiratory irritation like cough, excess phlegm and wheezing when exposed to passive smoke.

There are 150,000 to 300,000 cases every year of infections, such as bronchitis and pneumonia in infants and children under 18 months of age who breathe passive smoke. These result in between 7,500 to 15,000 hospitalizations each year.

If a woman smokes during pregnancy, she is greatly increasing the chances of reducing her child's birth weight and growth during the child's first year of life. Infants may face side effects of smoking during pregnancy such as breathing movements during fetal life, cancer, respiratory disorders and heart disease.

Children cannot protect themselves from passive smoking; they need to be protected. In observance of the "Great American Smokeout"

Nov. 16, East Tennessee Children's Hospital offers the following tips to help you keep your child healthy:

- The most important way to keep your child completely healthy is to quit smoking, and do not take your children to areas where smoking is permitted. If you choose not to quit smoking, do not smoke in the house or around your child.
- Do not smoke while in a car.
- Do not smoke if children are present, especially infants and toddlers.
- Don't allow care givers to smoke near your children.
- Find out the smoking policies of child care providers, preschools, schools and other care givers for your children.
- Tell other parents about the health risks of passive smoking. Work within your child's school and in the community to promote programs against smoking.

The Great American Smokeout is sponsored by the American Cancer Society. You can contact your local American Cancer Society at 800-ACS-2345 or visit their web site at [www.cancer.org](http://www.cancer.org).

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# INFECTIOUS CHILDHOOD DISEASES

## What they are and how your child can avoid them

### Chicken Pox

This disease is characterized by a pimplelike rash that blisters and becomes itchy. It's often preceded by a moderate fever, mild headache and lethargy. The blisters will dry into scabs. Once all the blisters have scabbed over and no lesions appear, the child is no longer contagious. The incubation period, from the time of exposure until breakout, is about two to three weeks. Antihistamines can be prescribed to ease the itching and antibiotics may be needed if the scratching causes a bacterial infection. Chicken pox is most dangerous to children with leukemia or other immune deficiency diseases. A vaccine and other preventive treatments should be discussed with your child's doctor.

### Diphtheria

Early symptoms resemble the flu or other upper respiratory illnesses. Advanced symptoms include: rapid heartbeat, swollen or sore throat, difficulty breathing or swallowing, swollen lymph nodes and profuse nasal discharge. Before a diphtheria vaccine was developed in the 1930s, this disease killed thousands. This vaccine is usually administered together with the pertussis and tetanus vaccines beginning at 2 months of age.

### Measles

Early symptoms include coldlike symptoms: a mild fever, nasal congestion, a mild cough and red eyes. Within a few days, spots looking like tiny grains of white sand appear inside the mouth. A day or so later, a red rash on the face and a high fever (as high as 105 degrees Fahrenheit) appear. Measles itself is not dangerous unless complications,

such as pneumonia, severe ear infection or encephalitis, set in. Avoid measles by having your child vaccinated.

### Mumps

Pain and swelling of the glands in the upper neck and jaw are characteristic of the infectious mumps virus. The mumps virus attacks salivary glands and is fought off by the body with a high fever. Bed rest, a diet of bland foods, acetaminophen to reduce the fever and warm or cold compresses on the swollen glands are the common treatment. In children, this disease is generally not serious. The only effective way to avoid mumps is to have your child vaccinated.

### Rubella (German Measles)

This disease is characterized by fatigue, headache and fever, followed by a rash a day or two later. Complications of rubella are rare in children. Pregnant women who are exposed to rubella are at high risk because the infection may cause miscarriage, stillbirth or birth defects that include blindness, deafness and heart defects. There is no specific treatment for rubella. If marked drowsiness, sensitivity to bright light and headache occur, seek treatment immediately, as potentially fatal encephalitis is a complication of rubella. Avoid rubella by having your child vaccinated.

### Polio

This disease is a viral illness that attacks the nerves that control the muscles of the body. Except in Western countries, where children are routinely vaccinated against polio, it's spread by personal contact or by eating or drinking contaminated foods or

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# THE IMPORTANCE OF IMMUNIZATIONS

Proper immunizations are necessary and essential to the health and well-being of all children by protecting children against several common, relatively dangerous infectious diseases of childhood.

The following immunization schedule is recommended by Lori Patterson, M.D., pediatric infectious disease specialist at East Tennessee Children's Hospital. In cases of prematurity or illness, your child's immunizations may vary from this schedule, Dr. Patterson said, and a catch-up plan can be arranged to allow children to become protected as quickly as possible.

AGE	BLOOD TEST/IMMUNIZATIONS
0-2 months	Hepatitis B-1
1-4 months	Hepatitis B-2
2 months	Injectable Polio (IPV), DT (Diphtheria, Tetanus, acellular Pertussis, Hib (Haemophilus influenza type b), Pneumococcal conjugate (PCV7)
4 months	Injectable Polio, DTaP, Hib, Pneumococcal conjugate
6 months	DTaP and Hib (may not be required here depending on

6-18 months	vaccine used), Pneumococcal conjugate
12-15 months	Hepatitis B-3, Injectable Polio MMR (Measles, Mumps, Rubella), Hib, Pneumococcal conjugate
12-18 months	Varicella Zoster (if the child has not had chicken pox)
15-18 months	DTaP
4-6 years	Injectable Polio, DTaP, MMR (MMR #2 may alternatively be given at 11-12 years)
11-12 years	Hepatitis B Series (if not previously vaccinated), MMR #2 (if not given at 4-6 years), Varicella Zoster (if not immunized as a toddler and no history of chicken pox)
14-16 years	Tetanus-Diphtheria (Td)

Parents also might want to consider having their children receive an annual influenza vaccine ("flu shot") each autumn. The flu is easily spread each winter by groups of people spending time indoors, such as children in child care centers and schools. For more information about this vaccine, talk to your child's physician.

Always keep in mind that a fever of 101-102 degrees is common in the one to two days following immunizations and can appear one week after an MMR (Measles, Mumps, Rubella) injection. Occasionally a child will develop redness and/or soreness at the injection site, and in rare cases, a child will develop a higher fever or have a more severe reaction to the shot. If your child experiences a severe reaction, call your doctor for advice on what should be done, but this rare possibility of a reaction is not enough reason to keep your child from being immunized.

Remember: the risk of serious complications or death from disease is much higher than the risk from the vaccines themselves.

## Chick-fil-A 10-Second Tip

**Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition relies upon balance. Provide foods from several food groups for every meal. Review your child's diet with your pediatrician for suggestions.**

## Diseases, from page 2

liquids. Early symptoms include: headache, sore throat and fever. Pain in the neck and back muscles follows. A loss of mobility and, in some cases, paralysis is the end result of the disease.

### Whooping Cough (Pertussis)

This disease is characterized by repeated coughing without being able to take a breath. When the child is able to take a breath, there is a whooping sound. Coughing is accompanied by fever, vomiting and weight loss. A cool-mist humidifier can help loosen bronchial secretions and soothe the cough. Don't give cough medicine unless it's prescribed by your child's doctor. Whooping cough is most dangerous to infants. Immunizations are routinely administered to prevent the disease.

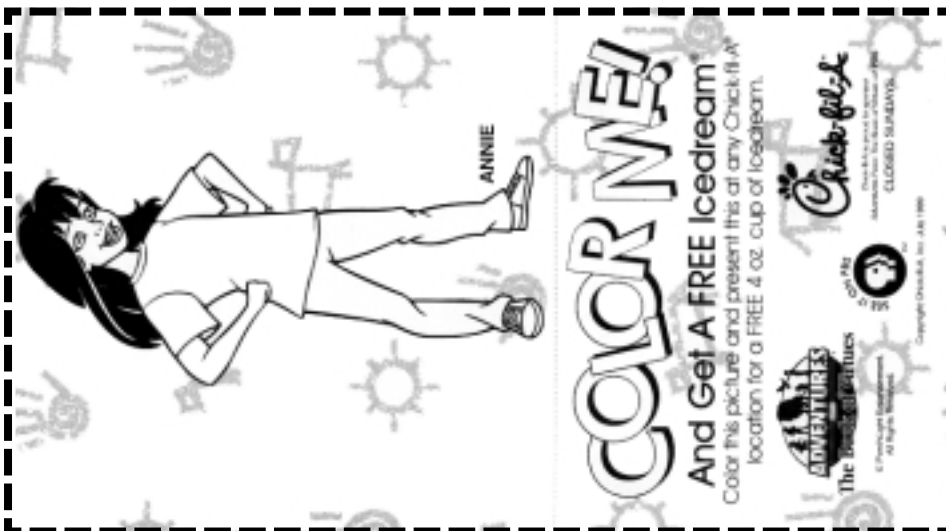
### Tuber culosis (TB)

This is an infectious disease that was once one of the leading causes of death worldwide. Improved sanitation and living conditions and the development of antibiotics have influenced the decline in TB cases and deaths. Symptoms include: chronic cough, chest pain (especially when taking a deep breath) and shortness of breath. A simple skin test can detect the disease. An active infection can be treated with antibiotics over a 12- to 18-month period. Proper nutrition and adequate rest are also instrumental in treating TB.

### Mononucleosis

This disease is caused by the Epstein-Barr virus, a member of the herpes family. The disease occurs most often in children and young adults. Early symptoms are similar to flu symptoms: headache, sore throat, general feeling of illness and weakness. These symptoms are followed by painful, swollen glands in the neck, armpits and groin. Jaundice or a rash similar to that of German measles may also develop. Getting lots of rest, drinking plenty of fluids and taking acetaminophen for symptom relief is the recommended treatment for this virus.

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This newsletter is a part of Children's Hospital's Healthy Kids Community Education Campaign, which serves as a resource for parents, offering classes, literature and other opportunities for learning how to improve children's health. For more information about Children's Hospital's Healthy Kids Campaign, please call the community education line at (865) 541-8262.

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