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Focus on Back-to-School Illnesses

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10 Common Childhood Illnesses & Their Treatments

What's going around? It's back-to-school illnesses!

As a parent, it is important to be aware of the most up-to-date treatment guidelines so you can be sure your child is getting the best care possible.

Here's a list of some of the most common childhood illnesses and their AAP-approved treatments.

Also In This Issue:

- + Why Most Sore Throats, Coughs & Runny Noses Don't Need Antibiotics**
- + Caring for Your Child's Cold or Flu**
- + Drinks to Prevent Dehydration in a Vomiting Child**
- + When to Keep Your Child Home from Child Care**
- + Fever without Fear: Information for Parents**

Ask the Pediatrician:



*By: Kristie E. N.
Clarke, MD,
MSCR, FAAP*

Can I give my 5-year-old over-the-counter cough medicine?

Flu Season is Right Around the Corner!

Here are 5 things to know:

1. Now is the time to get vaccinated.



- [+ Is It Allergies or a Cold? How to Tell the Difference](#)
- [+ Allergy Medicine for Children](#)
- [+ Head Lice: What Parents Need to Know](#)
- [+ Germ Prevention Strategies](#)
- [+ Surviving the Stomach Bug: Truths & Tips for Parents](#)
- [+ Reducing the Spread of Illness in Child Care](#)
- [+ The Difference Between Sinusitis and a Cold](#)

2. This year's flu vaccine is only available as a shot.
3. You can't get the flu from the flu vaccine.
4. If you catch the flu and are vaccinated, you will get a milder form of the disease.
5. The flu vaccine can be given at the same time as other vaccines.

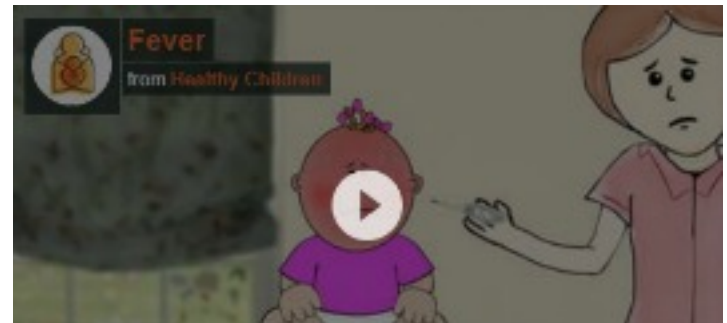
[Learn more here about the 2017-2018 flu season.](#)

Pregnant Moms: Take Care of YOU, Too!

Make healthy choices and take a few extra precautions during pregnancy to improve your chances for a healthy baby. [Here are 11 things you can do to prevent infections.](#)



The Healthy Children Show: Fever VIDEO



Get info on taking temps and giving meds.

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The information contained on this newsletter and on [HealthyChildren.org](https://www.healthychildren.org) should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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