



# How Some Childhood Diseases Are Spread

## Examples of How Some Childhood Infectious Diseases Are Spread

### Through Air or Respiratory Transmission:

**How the disease is spread**

- Breathing germs in the air
- Contact with infected saliva and mucus

**Behaviors that spread**

- Coughing or sneezing into the air
- Kissing on the mouth
- Sharing mouthed toys
- Wiping noses without thorough hand washing
- Poor ventilation

**Examples of diseases**

- Cold
- Flu
- Measles
- Pink eye
- Chickenpox
- Tuberculosis (TB)

**Possible symptoms**

- Coughing
- Fever
- Rash
- Runny nose
- Sore throat
- Earache

### Through Stool or Fecal-Oral Transmission:

**How the disease is spread**

- Mouth contact with items and hands contaminated by infected stool

**Behaviors that spread**

- Diapering and toileting or food preparation without thorough hand washing
- Sharing mouthed toys
- Unsafe food preparation
- Not disinfecting diapering areas

**Examples of diseases**

- Salmonella
- Shigella
- Giardia
- Pinworms
- Hand, foot and mouth disease
- Hepatitis A
- Polio
- *E. coli*

**Possible symptoms**

- Stomach ache
- Nausea
- Vomiting
- Diarrhea

### Through Direct Contact:

**How the disease is spread**

- Contact with infected hair, skin and objects

**Behaviors that spread**

- Touching skin or hair which is infected
- Sharing clothing, hats and brushes which are infected

**Examples of diseases**

- Herpes
- Ringworm
- Scabies
- Head lice
- Impetigo
- Chickenpox

**Possible symptoms**

- Rash
- Oozing sores
- Itching
- Visible nits or eggs

### Through Contact with Blood and Bodily Fluids:

**How the disease is spread**

- Contact with infected blood and sometimes other body fluids

**Behaviors that spread**

- Sexual contact
- Changing bloody diapers without gloves
- Providing first aid without gloves
- Getting infected blood or body fluids into broken skin, eyes or mouth

**Examples of diseases**

- HIV/AIDS
- Hepatitis B & C
- Cytomegalovirus (CMV)
- Herpes

**Possible symptoms**

- Fatigue
- Weight loss
- Yellow skin
- Weakened immune system