

# COMMON CHILDHOOD DISEASES: SKIN AND RASH

WHEN CHILDREN SPEND TIME TOGETHER IN GROUP SETTINGS SUCH AS SCHOOLS, CHILDCARE FACILITIES, CAMPS, AND SPORTING ACTIVITIES, SOME DISEASE-CAUSING GERMS ARE EASILY SPREAD AMONG THEM.



CLICK TO SKIP TO:

- HAND, FOOT, AND MOUTH
- IMPETIGO
- RINGWORM
- HEAD LICE
- SCABIES
- RESOURCES



# HAND, FOOT, AND MOUTH

## FACTS:

Spread easily by person-to-person contact, such as through kissing, hugging, and sharing utensils. Can also be spread through the feces.

Most commonly seen during the summer and fall, but may occur any time of year.

Caused by a virus and will usually get better on its own within 7 to 10 days.



## SIGNS AND SYMPTOMS:

- Fever
- Rash on hands, feet, or mouth
- Pink eye
- Sore throat
- Vomiting
- Diarrhea

Children are the most contagious during the first week they are sick. However, kids can spread the virus to others for days or weeks after symptoms go away.

Children should **not** be excluded from school or childcare, unless fever is present or child cannot avoid close contact with others.



## PREVENTION:

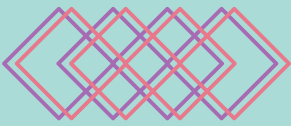
- Clean and disinfect frequently touched surfaces and shared items, such as toys and doorknobs.
- Wash your hands for at least 20 seconds. Be sure to wash your hands after using the toilet or changing a diaper, and before eating.
- Teach good hygiene. Show your children how to wash their hands and help them to do it often.

## MYTH OR FACT?

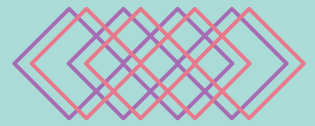
Adults cannot get hand, foot, and mouth disease.

**MYTH.** Hand, foot, and mouth is so contagious that adults can get it too. Adults, however, typically do not have symptoms and can carry the virus and transmit it to children who are susceptible.





# IMPETIGO



## FACTS:

➤ Spread by direct skin-to-skin contact or through contaminated objects.

➤ The bacteria that cause impetigo can live on dry surfaces for weeks or even months.

➤ It usually takes 4-10 days for sores to appear after someone is exposed.

➤ A topical ointment may be prescribed for a child with a small number of sores. Oral antibiotics are necessary for children with numerous sores.



## SIGNS AND SYMPTOMS:

- Red, itchy sores that break open easily and leak a clear fluid for a few days, forming a yellow scab.
- Sores are most common around the nose and mouth, but may appear on the scalp, hairline, arms and legs.

Children are contagious until the lesions have been treated with antibiotics for at least 24 hours, or crusted lesions have resolved.

Children should be excluded from school and childcare until treatment has been initiated AND sores are covered or crusted.



## PREVENTION:

- Practice good hygiene. Keep your nails short and clean and wash your hands frequently. Use hand sanitizer if you don't have access to soap and water.
- Clean cuts, scrapes, and injuries with soap and water as soon as possible.
- Don't scratch cuts or wounds.

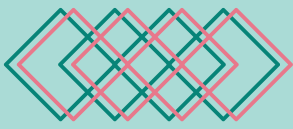
## MYTH OR FACT?

Impetigo is most common in athletes.

**MYTH.** Athletes are at risk, however impetigo is most common in children 2 through 5 years old and can easily spread to household contacts.







# RINGWORM



## FACTS:

- Spread by direct skin-to-skin contact or through contaminated objects.
- Ringworm is an itchy rash caused by a fungus.
- It usually takes 4-10 days for sores to appear after someone is exposed.
- Ringworm gets its name due to the circular rash it causes.
- May be called “athlete’s foot” or “jock itch,” depending on the area of the body that is affected.



## SIGNS AND SYMPTOMS:

- Red, circular patches with raised edges.
- Dandruff-like scaling patchy areas on the scalp.
- Cracking or peeling of the skin between the toes (athlete’s foot).

Children are contagious as long as lesions are present or until treatment begins.

Children should be excluded from school and childcare until treatment has been initiated or lesions are covered.

## PREVENTION:

- Disinfect surfaces and toys regularly.
- Keep skin clean and dry.
- Wash your hands after touching or playing with animals or pets. Ringworm can easily transfer from animals to humans.
- Don’t walk barefoot in locker rooms or public showers.

## MYTH OR FACT?

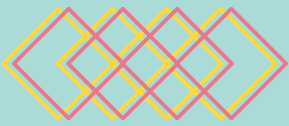
Ringworm is caused by a worm.

**MYTH.** Ringworm is a common infection of the skin and nails caused by a fungus.

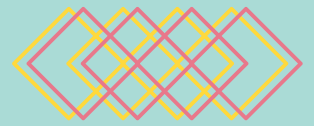
Ringworm is treated with antibiotics.

**MYTH.** Ringworm is treated with an antifungal medication.





# HEAD LICE



## FACTS:

Head lice are parasitic insects that feed on human blood several times per day.

Spread by direct head-to-head contact. May be spread by sharing clothing or belongings but this is uncommon.

Head lice move by crawling. They cannot hop or fly.

Head lice do not survive long (less than 1-2 days) if they fall off of a person and are unable to feed.

Nits that are more than 1/4 inch away from the scalp are almost always dead or already hatched.



## SIGNS AND SYMPTOMS:

- Itchy scalp, especially behind the ears and back of the neck.
- Tickling feeling of something moving in the hair.
- Irritability and difficulty sleeping.
- Sores on the head caused by scratching.

Children are contagious while live lice are present.

Children may be excluded at the end of the program or school day until after treatment is initiated. "No-nit" policies are **not recommended**.

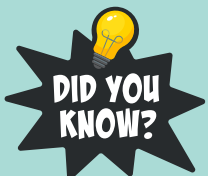
Both over-the-counter and prescription medications are available for treatment of lice. Follow treatment instructions carefully to prevent treatment failure.



## PREVENTION:

- Avoid head-to-head contact as much as possible.
- Avoid sharing combs, brushes, hats, and scarves.

Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

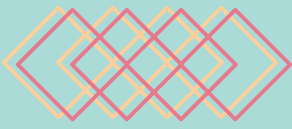


## MYTH OR FACT?

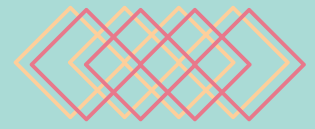
Head lice do not spread disease.

**FACT.** Head lice are a nuisance but are not known to spread disease.





# SCABIES



## FACTS:

➤ Scabies is an itchy skin rash caused by a tiny burrowing mite.

➤ Spread by direct, prolonged skin-to-skin contact. Can be spread by sharing clothing and belongings but this is not as common.

➤ Animals do not spread human scabies.

➤ Mites typically cannot survive more than 48-72 hours away from human skin.



## SIGNS AND SYMPTOMS:

- Intense itching, especially at night.
- Little bumps that look like hives, tiny bites, or pimples. The bumps often form a line.
- Sores on the skin from scratching.

Children are contagious until the mites and eggs are destroyed, usually after treatment is initiated.

Children should be excluded from school and childcare until treatment has been initiated. Treatment is by prescription only.



## PREVENTION:

- Disinfect surfaces and toys regularly.
- Keep skin clean and dry.

Scabies can develop anywhere on the body. The most common areas affected are the hands (between the fingers and around the nails), arms (elbows and wrists), and any skin that is usually covered by clothing or jewelry.



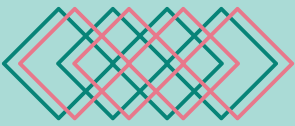
## MYTH OR FACT?

Itching will resolve within 5 days of treatment for scabies.

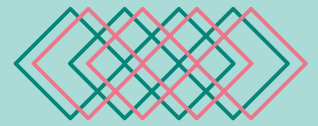
**MYTH.** Itching may continue for several weeks following treatment, and is not an indication of treatment failure.







# RESOURCES

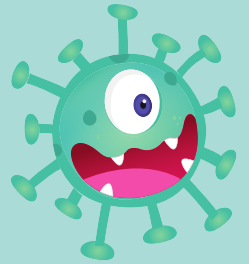
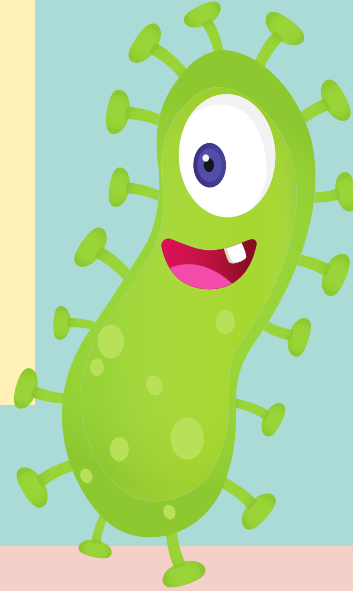
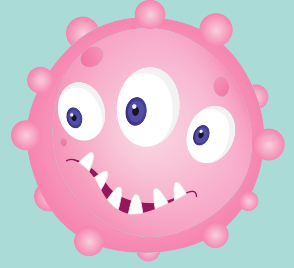


**For more information, please visit:**

➤ [WI Department of Health Services:  
Childhood Communicable Diseases](#)

➤ [WI Childhood Communicable Diseases Wall Chart](#)

➤ [WI Childhood Communicable Diseases: Skin and  
Rash Wall Chart](#)



➤ [Hand, Foot, and Mouth Disease \(CDC\)](#)

➤ [Impetigo \(CDC\)](#)

➤ [Ringworm \(CDC\)](#)

➤ [Head Lice \(CDC\)](#)

➤ [Scabies \(CDC\)](#)

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