

# Helping adolescents today have healthier tomorrows



Ask your child's health care provider what you can do concerning the following diseases.

**Chickenpox (Varicella)** is easily spread by coughing and sneezing. It is also spread by close contact with the rash. The illness can include headache, fever, general discomfort, and an itchy rash. The rash may develop into blisters. Problems can include infection of the rash and rarely, infection of the lungs and swelling of the brain.

**Diphtheria** is a throat infection. May cause sore throat and fever. People with diphtheria can get a thick film on the back of the throat. This film can cause difficulty breathing, which can lead to possible coma. It is rare in developed countries.

**Hepatitis A** is a liver disease. Spreads by putting objects with hepatitis A virus in the mouth. Also spreads by infected food or water. May cause yellow skin or eyes, tiredness, stomachache, and loss of appetite.

**Hepatitis B** is a liver disease. Spreads through blood and other body fluids. May cause yellow skin or eyes, tiredness, stomachache, loss of appetite, and joint pain. May lead to ongoing liver illness, including liver cancer.

**Human Papillomavirus (HPV)** is a common virus. Most types of HPV are harmless. For most people, the body's own defense system will clear the virus. However, certain types of HPV may sometimes cause cervical cancer and abnormal cervical cells. Other types may cause genital warts. HPV often has no signs or symptoms.

**Influenza (Flu)** spreads through coughing and sneezing. May cause fever, headache, tiredness, dry cough, sore throat, runny nose, and muscle aches. Problems may include lung, sinus or ear infections.

**Measles** may cause rash, high fever, coughing, runny nose, and watery eyes. May rarely lead to ear, lung, and brain infections. Brain infections, while rare, may lead to permanent brain damage or death.

**Meningitis** spreads by close contact. May cause fever, rash, headache, or stiff neck. May sometimes lead to shock and swelling around the brain.

**Mumps** may cause fever, headache, muscle ache, and swelling of the glands under the jaw. Infection may lead to swelling around the brain, hearing loss, and may also make the testicles swell and be painful.

**Pertussis (Whooping Cough)** causes very hard coughing and difficulty breathing. May lead to lung infection and swelling of the brain.

**Rubella (German Measles)** spreads by coughing and sneezing. May cause a mild fever, swollen glands in the neck, pain and swelling in the joints, and a rash that lasts for a short time. May cause birth defects in babies of pregnant women.

**Tetanus (Lockjaw)** enters the body through a cut or wound. May cause painful muscle spasms, the inability to open the mouth (lockjaw), and difficulty swallowing.

For more information about these diseases:

**American Academy of Family Physicians (AAFP)**  
1-800-274-2237 [www.aafp.org](http://www.aafp.org)

**American Academy of Pediatrics**  
1-847-434-4000 [www.aap.org](http://www.aap.org)

**American College of Obstetricians and Gynecologists (ACOG)**  
1-202-638-5577 [www.acog.org](http://www.acog.org)

**Centers for Disease Control and Prevention (CDC)**  
1-800-CDC-INFO (800-232-4636) [www.cdc.gov](http://www.cdc.gov)

**Food and Drug Administration (FDA)**  
1-888-463-6332 [www.fda.gov](http://www.fda.gov)

**National Institutes of Health (NIH)**  
1-800-370-2943 [www.nih.gov](http://www.nih.gov)



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