



# Ticket to Healthy Living

## INFECTION



Texas  
Children's  
Health Plan is  
your family's  
ticket to  
health care.



### What is an infection?

An infection is a sickness that is caused by germs that you cannot see. These germs can spread from one child to another. An infection can happen on the inside of the body (flu or cold) or on the outside of the body (rash or cuts).

### Signs you might see

Infection is inside the body:

- Fever
- Child looks sick
- Child does not want to eat or drink
- Sneezing or coughing
- Pain in the ears, throat, head or other places

Infection is outside of the body:

- Skin may be red
- Child has a fever
- Skin may be swelling
- Pain
- Yellow pus (liquid) oozing out of the cut or sore

### What to do

- Give your child plenty of liquids to drink.
- Wash skin infections well with soap and water.
- You can give your child medicine only if the doctor tells you to do so.

What your children can do to stop the spread of infection:

- Wash their hands often and keep their hands away from their nose and mouth.
- Cover mouth and nose with a tissue when sneezing and coughing.
- Use clean tissues; do not reuse them. After using tissues, throw them away in the trash.
- Have them use their own cup, spoon and towels and not to share with other kids.
- Do not kiss other children and pets.

What you can do to stop the spread of infection:

- Wash your hands well and often.
- Many infections are spread in the kitchen. Use a plastic cutting board and be sure to wash it with hot water and soap or put it in the dishwasher. Wood boards are hard to clean.
- After working with raw meat, be sure to wash the cutting board and counter very well with hot water and soap. Do not let any other food touch the juices of the raw meat.
- Cooking helps to kill germs. Be sure to cook all of your meat completely.
- Be sure to store food in the refrigerator, especially if it will spoil at room temperature.
- Put dirty diapers in closed trashcans. Do not put them on counters, chairs or the floor.
- Wash your child's toys with hot soap and water. Wash them more often when your child is sick.
- Keep your house clean. Many insects can cause infections in your child as well, so be sure to vacuum and dust on a regular basis.

### When to call your doctor

- You think the child has an infection.
- The infection gets worse.