

- Provide free access to fluids and a shaded spot for rest whenever possible.
- Respond to the first signs of heat cramps by stopping activity and providing fluids and rest.
- As a general rule of thumb, when the temperature plus the humidity add up to a number over 150, restrict activity, add mandatory water breaks, and reduce practice time, especially if the activity is taking place in direct sunlight.
- Never under any circumstance leave a child (or pet) locked in a car. On a sunny day even if the outside temperature is moderate, the temperature in the car can rapidly become deadly.
- Offer breast-fed babies a supplemental bottle of water if the weather is hot.



Kids' Illnesses: The Ones You May Not Know About

Julie Jacobs

Most of us are familiar with chicken pox, scarlet fever and ear infections. Many parents have tended to a child who has come down with any one or all of these well-known childhood illnesses. Yet there are other diseases and conditions that, although not as talked about or as widespread, can also afflict kids and cause parents great and needless anxiety.

Cytomegalovirus (CMV)

Most people have been infected with CMV at one time, but may not have gotten ill," says pediatrician Edward Rothstein, a clinical professor of pediatrics at Temple University School of Medicine. "The virus colonizes the nose and throat and can resemble mononucleosis, which is in the same virus family, causing such symptoms as fever, sore throat and fatigue."

Children with CMV may have cold symptoms or even no symptoms at all; infants up to two months old with CMV can develop pneumonia. The great potential danger from CMV, however, is to an unborn fetus, particularly if the mother has not been infected previously. "CMV can be passed by mom to baby while in utero, or through cervical secretions during delivery," Dr. Rothstein notes. "This congenital infection can result in brain damage, hearing loss and other birth defects."

CMV is contagious and is spread through direct contact with the urine, saliva or blood of an infected individual. Pregnant women can be tested for CMV antibodies to determine a course of therapy if the virus is present. In general, the only preventive measure is regular hand washing.

Fifth Disease

Clinically known as *erythema infectiosum*, Fifth disease is spread through direct contact with respiratory secretions from an infected person. As with CMV, some people who have it have no symptoms.