

YEAST INFECTIONS (THRUSH)

Yeast infections can be found in the mouth or the diaper area. Thrush is another name for a yeast infection in the mouth. The fungus that causes these infections can be found in healthy people. It sometimes causes illness among infants, persons with weak immune systems, or those on certain antibiotics.

CAUSE: *Candida albicans*, a fungus

SYMPTOMS: Mouth: white, slightly raised patches on the tongue or inside the cheek.
Diaper area: a smooth, shiny “fire engine” red rash.

SPREAD: By contact with skin lesions, mouth secretions, vaginal secretions, or stool of infected persons or asymptomatic carriers. Yeast can also be spread from mother to infant during childbirth.

INCUBATION: Variable. For thrush in infants, it usually takes 2 to 5 days from the time a person is exposed until symptoms develop.

CONTAGIOUS PERIOD: Contagious while lesions are present.



No exclusion is necessary if the child is able to participate comfortably in normal activities.



1. Wash hands frequently with soap and running water for at least 20 seconds. If hand sanitizers are used, they may be used only after thorough handwashing.
2. Minimize contact with secretions and stool of infected persons.

3. Clean and sanitize mouthed toys at least daily and when soiled. Clean bottle nipples and pacifiers daily. Sanitize by boiling or using dishwasher.



1. Bleach Disinfectant

- 1/4 cup bleach in a gallon of water
- 1 tablespoon bleach in a quart of water

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial disinfectant that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.



1. Bleach Sanitizer (Use non-scented)

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial or food grade sanitizer that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.

4. Diagnosis and Treatment: See your physician, who can identify the fungus and prescribe the proper medication.



For more information, you or your physician may call the Douglas County Health Department at 444-7241 or your local health department.