

Common health problems

Illness is a part of our lives.

Some milder diseases can be helped at home.

However, you should always see your doctor if you get worse or have very high temperature.



Children in kindergarten and school have 5-10 colds every year! Sore throat, runny nose, cough, sneezing, and being tired can last for a few days to two weeks. The most important thing is to rest and drink plenty of water or tea.

When your eye is red and irritated, this is called the pink eye, or conjunctivitis.

You can feel itching, burning, tears, and pain when there is too much light. Sometimes the eye closes with yellow crust. If it isn't too bad, you can just wash it with water and put some ice to help with the pain.



Mild stomach pain and cramps are usually due to bad food or rotavirus. They get better if you take probiotics, eat soups, and rest.

You can get headaches from many things –some food (chocolate, cheese, and sugar), poor sleep, bright lights, loud noises, stress, and changes in weather. Things that can help are cold compresses, some fruits (like watermelon and cherries), and relaxation.



