

YEAST INFECTIONS PARENT FACT SHEET

PARENT/GUARDIAN

Your child may have been exposed to: YEAST INFECTION

Yeast is a fungus that can cause infection. It is not uncommon to have yeast infections of the mouth or throat (thrush) or the diaper area (diaper rash).

If you think your child has a yeast infection:

- Tell your childcare provider or call the school.

Symptoms Thrush – White or cream-colored, slightly raised patches on the tongue or inside the cheek. Sucking on fingers or thumbs may cause children to develop the infection around the fingernails. Diaper Rash – Smooth, shiny red rash with a raised border.

Spread Rarely: by touching skin lesions or secretions from the mouth. Yeast infections are most commonly acquired due to an imbalance of one's own flora (typically through antibiotic use) allowing the yeast to multiply in large numbers and cause an infection.

Contagious Period Candida yeasts live in and on the body in small amounts and do not usually cause any harm. The yeast can spread as long as sores or affected areas are present.

Call your Healthcare Provider If anyone in your home has symptoms of thrush or diaper rash.

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Prevention

- Practice good oral hygiene (e.g. washing out the mouth with water, brushing teeth and tongue at least twice daily).
- Keep diaper area clean and dry.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth and after changing diapers. Your child may need help with hand washing.
- Replace bottle nipples and pacifiers after treatment.

For more information, please contact your local health department.

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: dpbhepi@health.nv.gov