

## 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.

**TRANSMISSION:** 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.



**EXCLUSION**

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

## *Prevention & Control*

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 hand washing.
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**

- $\frac{1}{4}$  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 teaspoon bleach in 1 gallon water
  - $\frac{1}{4}$  teaspoon bleach in 1 quart water
- USE TEST STRIP TO CHECK CONCENTRATION.*  
*DO NOT RINSE, LET 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 prescribe the proper medication.

For more information, you or your physician may call the Central District Health Department at 385-5175, or call your local health department.