

Where to Go When Your Child is Sick

It's important to know what level of care your child needs.

Emergency Care

- **Rapid Breathing:** difficulty breathing, working hard to breathe
- **Wheezing**
- **Dehydration (not enough fluids for body to work normally):** no tears, dry mouth, pees less than normal
- **Infant fever:** less than 6 weeks old
- **Difficult to Wake Up**
- **Headache with Neck Pain and/or Vomiting**
- **Fever:** lasting 5 days or more

Urgent or Primary Care

- **Fever:** lasting 3 days or more
- **Dehydration:** not wanting to drink
- **Vomiting and Diarrhea:** may cause dehydration
- **Cold:** symptoms that seem to be getting worse after 7 days or lasting longer than 10 days
- **Symptoms:** improving, then getting worse with a new fever
- **Possible Sinus Infection:** runny nose and 3 days in a row of fever

Home Care

- **Fever/Fussiness/Pain:** Tylenol for all ages or Ibuprofen if older than 6 months
 - **Sore Throat:** Tylenol for all ages or Ibuprofen if older than 6 months
 - **Scratchy Throat:** Warm or cold liquids
 - **Prevent Dehydration:**
Drink fluids: popsicles, Jello, broths, Pedialyte, Gatorade (add half water)
Avoid: drinks with caffeine
 - **Runny Nose, Stuffy Nose:** Saline (salt) spray, humidifier, and suction (don't suction more than 3 times a day)
 - **Cough:** Honey for children older than 1
 - **Cold:** Cold medicines should not be used for children 4 years and under
 - **Ear Pain:** Tylenol, hold a soft cloth pad, either warm or cool, on the ear
 - **Muscle Aches:** Ibuprofen if older than 6 months
 - **Vomiting:** **Drink fluids**
 - **Diarrhea:** **Drink fluids,**
Avoid: Juice, antidiarrheal medicines, BRAT (Banana, Rice, Applesauce, Toast)
- Children should go back to a normal, well-balanced diet for their age, within 24 hours of getting sick

