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.