

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:** concern of
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 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

