



does your child
need **care?**

What to do when my child is sick?

What is a virus?

- A virus is a type of infection.
- Antibiotics cannot treat a virus.
- Colds are an example of a virus.
- Colds may last up to two weeks.
- Notify your child's doctor if the illness gets worse or lasts longer than expected.
- Over-the-counter (OTC) medicines may help resolve the symptoms.

What will help my child feel better?

For general cold-like symptoms:

- Rest and drink plenty of fluids.
- Use a clean humidifier or a vaporizer.
- Avoid second-hand smoke.
- OTC medicines that may help:
 - Acetaminophen and ibuprofen for fever or pain
 - Decongestant
 - Saline nose spray

Always use OTC medicine as directed. Many OTC medicines are not suitable for children under certain ages. Do not give your child aspirin.

For more specific symptoms, you could also use the following:

For a sore throat:

- Ice chips.
- Sore throat spray.
- Lozenges (Do not give these to small children).
- Cool mist vaporizer.

For a runny nose:

- Decongestant or saline nose spray.

For a cough:

- Cool mist vaporizer.

For an earache:

- Place a warm (not hot) moist cloth over the ear that hurts.

For sinus pain or pressure:

- Place a warm (not hot) moist cloth over the painful area.
- Use a decongestant or saline nose spray.

What if my baby is sick?

Babies 3 to 6 months of age should only use acetaminophen for pain and fever.

If your baby is less than 3 months of age with a temperature higher than 100.4° rectally, call your health care provider immediately. Children more than 6 months of age may use either acetaminophen or ibuprofen. Ask your doctor about the right dose for your child's age and size.

When It's Not an Emergency

Claims for your visit may be denied if you go to the emergency room (ER) when it is not an emergency.

If a problem is not an emergency, follow these steps:

- Call your doctor.
- Follow your doctor's advice. Your doctor will tell you where to be seen. It may be his office, an urgent care facility, or the ER.
- As individual symptoms, these are usually NOT emergencies. Call your doctor for these problems:
 - Coughing
 - Vomiting
 - Diarrhea
 - Earache
 - Sore throat
 - Toothache
 - Colds
 - Pink eye
 - Stomachache
 - Mild fever
 - Rashes
 - Bruises

When It's an Emergency

- If you have time, call your doctor first. Go to the nearest ER for treatment
- Call 911 if you cannot get to the ER quickly
- Notify your doctor within 24 hours after receiving emergency care.
- Go to your doctor (not the ER) for follow-up care.

The contents of this flyer are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician with any questions you may have regarding a medical condition.

be prepared

What is an Emergency?

- It means your life could be threatened or you could be hurt permanently (disabled) if you do not get care quickly.
- If you are pregnant, it could mean harm to the health of your unborn child.

Dangers to Your Life May Include:

- Difficulty breathing
- Severe chest pain
- Severe bleeding
- Blacking out (fainting)
- Poisoning
- Severe burns
- Convulsions
- Broken bone
- Vaginal bleeding in pregnancy

Be Prepared for Emergencies

- Know where the closest emergency room is located.
- Keep your doctor's phone number and your insurance information with you and near your phone.
- When traveling, bring your insurance card with you. Also bring your doctor's phone number.
- Report any health care you receive to your doctor. Do this within 24 hours of receiving the care.