

# does your child need care?



## **What is a virus?**

- 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.

## **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.

## **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:
  - Coughing
  - Earache
  - Colds
  - Mild fever
  - Vomiting
  - Sore throat
  - Pink eye
  - Rashes
  - Diarrhea
  - Toothache
  - Stomachache
  - Bruises

### **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

*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.*



### **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.

### **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 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.

