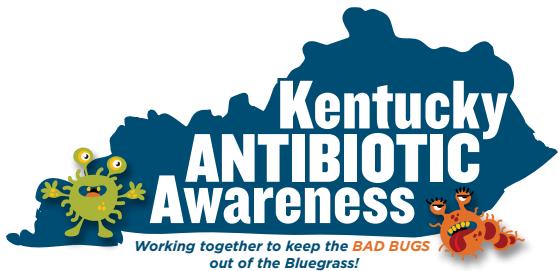


# How to care for your sick child



**Did you know that most symptoms are caused by colds and can be cared for at home?**

## Symptoms of a cold:

- Runny nose
- Sneezing
- Fever
- Not wanting to eat
- Sore throat
- Cough
- Fussiness on-and-off
- Swollen glands

**Most symptoms should go away slowly after 7-10 days**

## How to treat a cold at home:

- Allow extra sleep
- Drink lots of fluids
- Avoid cigarette smoke
- Warm washcloth over forehead
- Ice chips or throat lozenges for children over 6
- Over the counter medicines – ask your pharmacist for recommendations and how much to give

**WHEN TO CALL A DOCTOR OR GO TO THE EMERGENCY ROOM:**  
**If your child is younger than 3 months and has a fever over 100.4° F, always call your doctor right away!**

## When to take your child to the doctor for mild illnesses:

### Sore Throat

- Lasts more than 1 week
- Difficulty swallowing or breathing
- Pus on the back of the throat

### Ear Infection

- Lasts more than 2-3 days
- Fever 102.2° F or higher
- Severe pain
- Fluid coming out of the ear

### Cold, Cough, Runny Nose

- Lasts more than 10 days
- Trouble breathing
- Symptoms that are severe or unusual

## Watch for emergency warning signs that require medical care:

- Fast breathing or trouble breathing
- Bluish, purplish or gray skin color
- Not drinking enough fluids
- Not urinating, no tears when crying
- Severe or persistent vomiting
- Not waking up or interacting
- Temperature over 104° F

