

What to do when your child gets sick



You don't always have to go to the ER!

Many illnesses, like fever and colds or the flu, can be treated by your doctor, at home or at an urgent care or after-hours clinic instead of the emergency room.

Here's what to do when your child is sick:

- 1 Call your child's pediatrician.** Quick advice or make an appointment. If the office is closed, they are often available on-call after hours and on weekends to offer guidance.
- 2 Go to an urgent care or after-hours clinic.** Non-emergency immediate care of minor issues like small injuries, allergic reactions, cuts needing stitches, ear infections, or high fevers, you can walk in without an appointment.

Please follow up with your child's pediatrician afterward.

Remember, the emergency room is only for emergencies. You should only go to the emergency room if you are told to by a medical professional or if your child is having a medical emergency.

How do I know if it's an emergency?

Go to the emergency room if your child has any of these symptoms:

- ✓ Fever of 100.4°F (38°C) or higher in an infant younger than 2 months
- ✓ Severe dehydration (sunken eyes, not peeing enough, not making tears or lack of energy)
- ✓ Trouble breathing
- ✓ Signs of an allergic reaction

If you are unsure if you should go to the emergency room, call your child's pediatrician or visit an urgent care closest to you.



Scan the QR code for care close to home.