
Call the Doctor If:

Your child has two or more of the symptoms you see here. Put a check next to the symptoms your child has. Write down any other symptoms that are not on this list.

fever over 100° F that last for 48 hours
stiff back or neck
acts sick, has no energy
mood changes - gets mad or upset easily
acts very tired, or is hard to wake him / her up
cough
runny nose
change in appetite (not eating, not hungry)

diarrhea (watery stool) many times in a few hours
(six - seven times in 24 hours)
sudden fever
tummy ache, pain in the belly
sore throat
child has "chills"
headache
skin blisters or rash
throws up every two or three hours

Call the doctor or medical center **RIGHT AWAY** if your child:

- throws up after drinking plain water
- has seizures, shaking, or loses consciousness
- is a baby or toddler and has diarrhea or throws up every few hours
 - fever over 104° F
 - skin is very white or blue
 - ear or eye drainage

Things you may want to have at home for your sick child:

tissue	juice	drinking water
thermometer	straws	warm soup
popsicles	dry toast	non-aspirin pain reliever* *children under age 18 should never take aspirin

IMPORTANT PHONE NUMBERS:

Doctor: _____

Emergency: _____

Drug store: _____

Poison Control: _____

If your child has a fever over 104° F, call a doctor RIGHT AWAY!!!

When You Go to the Doctor's Office

When your child is sick and you are ready to go see a doctor...

Think of questions your doctor might ask like:

When did these symptoms start?

Have there been changes in sleeping, eating, moods, number of trips to the bathroom?

How high is the child's fever?

How was your child's temperature taken, rectally, orally, in the ear, or under the arm?

In the past two weeks, has your child been near anyone who was sick?

What have you done at home to help treat the symptoms?

Have you given your child any medicine? What kind?

How much medicine did your child take?

What time did your child take the medicine?

What is the name of your drug store?

Write down the things your doctor wants you to do.

Read the list back to the doctor to make sure you have everything right.

1.

2.

3.

4.

If your doctor uses words you do not know, ask him or her to tell you what they mean.

Find out when you should call the doctor back, or take the child back to the office, medical center, or to a hospital.