



Fever

Symptoms:

- Elevation of the normal body temperature.
- Fever is a friend - it helps the body fight infection.
- Fever is not dangerous and will never go high enough to cause harm (even when over 104° F).
- Fever is often higher in the evening and lower in the morning.
- Fever should only last 2-3 days.

Treatment:

- If temperature is below 101° F - no treatment necessary.
- Increase daily fluid intake.
- Keep child lightly dressed with clothes that will breathe.
- Give acetaminophen or ibuprofen for comfort.
- For temperatures above 103° F - bathe child in lukewarm bath 20-30 minutes (water temperature should be around 98° F).
- Call immediately if child is under 2 months of age and has a temperature above 100.5° F, child is difficult to arouse or does not interact with you, child is complaining of stiff neck or not able to move neck.
- Call during regular office hours if the fever last longer than 3 days.

Congestion

Symptoms:

- Runny or stuffy nose (drainage may be clear, cloudy, yellow or green).
- Associated symptoms: fever, sore throat, cough, red eyes.
- The average child will have as many as 8 colds per year. Children in day care setting may get a cold every 2-3 weeks during the winter season.
- Antibiotics and cold medication **will not** cure a cold.

Treatment:

There is no cure for a cold but offer comfort support including:

- Give acetaminophen for fever or discomfort.
- Increase daily fluid intake.
- Use a cool mist humidifier to moisturize secretions (remember to change water daily).
- Raise the head of the bed 30- 45° (Infant may sleep in car seat).
- Nasal saline drops or spray and nasal suctioning as needed.

Cough is one of the body's own way of getting rid of mucus, so unless it is painful or keeping the child awake, **do not** give cough suppressants.

Croup, Cough

Symptoms:

- Tight, low pitched barking cough (seal like bark).
- Voice or cry hoarse sounding.
- Child may have stridor - crowing like noise when child breathes in as croup becomes worse.
- Symptoms tend to increase in the evening and last for 5 -6 days.
- Associated symptoms include fever or nasal congestion.

Treatment:

Croup without stridor (high pitched wheezing)

- Cool mist vaporizer at night.
- Increase daily fluid intake. Use warm fluids if having cough spasms to relax airways.
- Ibuprofen if older than 6 months. Cold medications or antibiotics do not cure the illness.

Croup with stridor

- Take child outside for 5 -10 minutes into cold night air or have the child breathe in air from an open freezer.
- Foggy bathroom – turn on the hot water in the shower and close the bathroom door. Bring the child into the foggy room to breathe the warm moist air for 10-15 minutes.
- If these measures are unsuccessful call the office immediately.



Earache

Symptoms:

- Pain or discomfort around the ear.
- Child reporting ear pain.
- Child acting like previously with ear infection (crying, fussy).

Treatment:

- Give acetaminophen or ibuprofen (if older than 6 months)
- Raise the head of the bed 30 - 45°.
- Apply warm compress to ear - if older than 1 year.
- Try a few drops of warm Oragel to affected ear. DO NOT USE IF EAR IS DRAINING.
- If earache persists to the morning and child has a fever, call for an appointment.

Remember: Earaches do not always indicate an infection.

Sore Throat

Symptoms:

- Pain or discomfort in the throat, worsens with swallowing.
- Child under 2 years of age doesn't know how to complain of a sore throat, but may refuse previously enjoyed foods or cry with feedings.

Treatment:

- Gargle with warm salt water (1 tsp. per 8 oz glass of water)
- Give acetaminophen or ibuprofen for comfort.
- Encourage cold fluids or foods.
- Soft bland diet - avoiding spicy, acidic or rough textured foods.
- Call during regular office hours if sore throat lasts longer than 24 hours, it is accompanied by fever, the child has recent contact or exposure to strep throat, it is accompanied by abdominal pain, vomiting or headache, if a rash develops.
- Call immediately if there is drooling, difficulty breathing, or swallowing.

Constipation

Symptoms:

- Hard, dry stools that come infrequently.
- Sometimes cause pain and bleeding during BM.
- No BM longer than 4 days (exception - exclusively breast fed infants may go longer periods up to 7 days).

Treatment:

Infant (0 - 2 months)

- Try using a well lubricated thermometer or Q-tip to stimulate the rectum.
- Give 1/2 - 1 oz prune juice mixed with an equal amount of water once daily as needed.
- If these steps do not work, call for further consultation during regular office hours.

2 months - 1 year

- Above treatments.
- Limit binding foods such as bananas, rice cereal, and applesauce.
- Increase high fiber content foods (fresh fruits and veggies).
- Add fruit juices to diet (no more than 8-10 oz per day).
- A warm bath may decrease abdominal cramps and encourage a BM.
- If these steps do not work, call for further consultation during regular office hours.

Over 1 year

- Above treatments.
- Limiting binding foods above plus excessive dairy products (milk >16-20 oz a day, cheese, yogurt).
- Increase high fiber foods including bran, whole grains, oatmeal, (popcorn if over 3 years of age).
- May try pediatric glycerin suppository once or twice.

- If these steps do not work, call for further consultation during regular office hours.



Diarrhea, Vomiting

Definition:

Most vomiting and diarrhea is caused by viral infections. This is a common illness and rarely dangerous. If vomiting doesn't stop within 12-24 hours, please call your doctor. Diarrhea is a watery stool that occurs more than four times per day and can last for several days.

Treatment for Vomiting:

- Rest the stomach for 1 hour by giving nothing.
- Then give 1-2 tsp. of room temperature clear liquids such as Pedialyte, juices or soda every 5 minutes for one hour. If breastfeeding continue but for shorter intervals more frequently.
- If the liquids are retained increase the liquids by small amounts 2-3 tsp. until child is retaining 2-4 oz at a time. But if vomiting occurs must restart the process. Pedialyte should not be continued for more than 24 hours.
- Gradually (over 2 days) return to regular diet. Start with small amounts of low-fat, bland diet (i.e., dry toast or crackers).
- Monitor for signs and symptoms of dehydration, which include dry mouth, no tears, and decreased urine output (less than 3 wet diapers).

Treatment for Diarrhea:

- If vomiting is also occurring, just follow the above instructions.
- If there is no vomiting, adequate fluid intake is essential to prevent dehydration. It is important to provide more fluid than the child loses through diarrhea. Signs of adequate hydration include a normal or near normal urine output, a moist mouth, and an alert child who is reasonably active.
- If breastfeeding: Continue to breastfeed at more frequent intervals. Supplement with Pedialyte by bottle or dropper if urine output decreases. Call office immediately for a dry diaper.
- If formula feeding: increase the amount of formula or supplement with Pedialyte to make up for additional fluid losses.
- Provide a regular diet with a few simple changes. Avoid grape, pear, or prune juices, which can loosen stools. If diarrhea is prolonged avoid milk products which may become difficult to digest. Encourage starchy foods as they are absorbed the best (i.e., cereals, rice, bread, cracker, noodles, potatoes, applesauce, bananas).
- Monitor for signs and symptoms of dehydration, which include dry mouth, no tears, and decreased urine output (less than 3 wet diapers).

- Despite the above steps, diarrhea may last days after the illness seems over. If the child seems well, there is nothing to worry about.

Head Injuries

Symptoms:

- Strike or blow of the head may not always include loss of consciousness.
- **If loss of consciousness call office immediately.**
- **If child remains unconscious or looks critically ill - call 911.**

Treatment (if no loss of consciousness):

- Clean any scrapes or cuts with soap and water.
- Apply direct pressure to cuts for 10 minutes to control bleeding (Caution: head injuries tend to bleed heavily).
- Apply cool compress or ice pack to affected area to decrease swelling.
- Give acetaminophen for headache.
- If child is sleepy allow them to sleep, but stay nearby and arouse every two hours during the day or four hours during the night.

Observe child and notify your doctor if any of the following are noticed:

- Child has a deep cut in the scalp that may need suturing.
- Child becomes disoriented, confused or dizzy.
- Child begins vomiting more than twice (it is not uncommon for child to vomit right after injury occurs if upset).
- Child is having difficulty speaking or blurred vision.
- Child is having blood or watery fluid from nose or ears.
- Child cannot remember how injury occurred.
- Child is unusually sleepy.

