

At Home with Children with Respiratory Infections?

Here are some things to watch for. Get care for any symptoms that make you feel worried or concerned. Children at high risk due to medical conditions, and all babies, may need care sooner.

Need to talk to a health care provider about symptoms?

Call Healthline at 811 for free, 24-hour support.



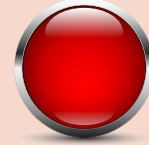
USUAL

Manage symptoms at home, make sure your child rests, and keep up with fluids



WARNING

See your doctor/nurse practitioner or a walk-in clinic within the **next day**



EMERGENCY

Call 911, go to Emergency at Hospital/Health Centre **now**



FEVER

- fever and more like themselves after getting fever medicine

- fever:
 - lasting longer than 3 days
 - higher than 40.5°C
 - not acting like themselves after getting fever medicine

- babies younger than 3 months with a fever (temperature higher than 38 °C)
- fever and child complaining of headaches, neck pain or stiffness or light sensitivity
- fever with seizure



BREATHING EAR, NOSE, THROAT

- stuffy nose
- runny nose
- sore throat
- cough but breathing is okay

- earache for more than 2 days
- coughing for more than 2 weeks and not getting better
- runny and/or congested nose for more than 10 days
- extremely sore throat with swollen tonsils/lymph nodes

- working hard to breathe
- unable to speak or cry
- breathing faster than normal
- white/blue lips
- skin between the ribs is pulling in with each breath (called retractions)
- noisy breathing (grunting, high-pitched wheeze)



RASH

- mild rash that isn't bothersome to child

- rash with a fever
- rash that is new or different from previous rash

- rash that looks like tiny bruises that don't turn white when you press on them
- rash with blisters or peeling skin



HYDRATION

- still able to drink enough to stay hydrated
- vomiting or diarrhea that is less than 3-4 times a day

- not eating/drinking well and showing signs of dehydration like dry mouth, thirstier, not peeing as much

- not peeing for more than 8 hours
- no or few tears
- very dry mouth
- throwing up
- not able to keep liquids down for more than 8 hours



BEHAVIOUR/ MENTAL STATUS

- not as much energy as usual

- unusually irritable
- won't stop fussing

- confused
- not alert when awake
- very sleepy
- difficult to wake up