

When should you seek emergency care?

IT IS NOT ALWAYS NECESSARY FOR A CHILD WITH A FEVER TO SEE A HEALTHCARE PROFESSIONAL.

A fever is a rise in body temperature and one of the body's natural responses to some viruses or bacteria. It is one of the body's defence mechanisms. A child with a fever should stay home.

Infections in children are most often caused by viruses, such as a cold, the flu, or gastroenteritis. These infections usually do not last very long, and most people recover on their own.



Babies have an increased risk of becoming ill with certain infectious respiratory diseases. To reduce the risk for babies under three months of age:

- Stay home and limit the number of guests/visitors;
- Avoid non-essential activities and social interactions;
- Ask people to wear masks around your baby.

HOME CARE CAN IMPROVE CHILD COMFORT DURING THE HEALING PERIOD.

Visit [Québec.ca](https://quebec.ca) for more information on how to care for your child and when to consult a doctor:

- [Fever in children](#)
- [Flu \(influenza\)](#)
- [Nasal irrigation](#)
- [Gastroenteritis \(stomach flu\)](#)



From [Tiny Tot to Toddler: a practical guide for parents from pregnancy to age two](#) contains a great deal of valuable information.

YOU THINK YOU NEED A CONSULTATION?

- If your child has a family doctor, call their clinic.
- If your child does not have a family doctor, call the Primary Care Access Point at 811, option 3.
- If you need advice or are not sure if you should see a doctor, call Info-Santé 811, option 1, to access the priority line for parents of children 0-17 years old. A nurse will be able to help you quickly.



Don't hesitate to consult your pharmacist for advice on which medication to use and for more health tips.

IF YOU DECIDE TO GO TO THE EMERGENCY DEPARTMENT

The pre-triage nurse will assess your child and rate them on a scale of 1 to 5 (1 being the most urgent, seen first).

Your child may be reoriented to a clinic if they are in category 4, 5 or fast-track and follow these criteria:

- **patient over 12 months of age**
- fever for less than five days
- symptoms of an upper respiratory tract infection: cough, sore throat, muscle pain, runny eyes, red eyes
- constipation
- vomiting and diarrhea
- diarrhea only
- earache, mouth sores, mouth pain
- rash without fever
- diaper rash
- lice or parasites

Once your child is identified as eligible for reorientation, they will be given an appointment at a clinic, possibly the same day or following day.

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