



When to go to the Emergency Room with your child

You are the best judge of the condition of your child's health. However, it can be difficult to figure out how sick your child is and how to know if you should take them to the Emergency Room. Fortunately, there are signs to look for to help you decide.

Listen to and watch your child for the following signs

Consider seeking medical advice if you answer "yes" to any of the following questions:

Skin colour

Is your child's skin colour paler than normal?

Hydration

Does your child have a dry mouth (i.e. no saliva in their mouth)? Does your child have no tears when they cry? Is your child urinating less frequently?

Breathing

Does your child have difficulty breathing? Have there been changes in your child's breathing patterns?

Reactions

Does your child show signs of listlessness, tiredness or irritability? Has there been a change in the way your child responds to you? Has there been a change in your child's response to noise or visual stimulation?

URGENCE - EMERGENCY



If your child has a fever:

If your child has an infection (caused by either bacteria or a virus), it is common to have a fever too. Fever is not dangerous to your child regardless of how high their temperature is. How your child is acting is a better indicator of how sick your child is.

If your baby is younger than 3 months old and has a fever, you should consult your doctor. Children older than 3 months can be treated at home as long as their appearance, hydration, breathing and responses are appropriate (see previous section). However, if the fever lasts for more than 48 to 72 hours your child should be seen by their doctor.

Consult a doctor or health care provider if your child:

- is less than 3 months old and has a fever.
- has a fever for more than 48 to 72 hours.
- is excessively cranky, fussy or irritable.
- is excessively sleepy, lacking energy or does not respond.
- is continually wheezing or having difficulty breathing.

There are two types of medications recommended when your child has fever. These medications are used to relieve the aches and pains associated with fever and are not an absolute requirement.

1. **Acetaminophen** (such as Tylenol® and Tempra®)
2. **Ibuprofen** (such as Advil® and Motrin®)

For all medications, make sure to follow the directions on the package. **Do not** give acetaminophen and ibuprofen at the same time. **Do not** give aspirin (acetylsalicylic acid) to children who have a fever.

