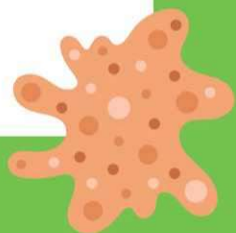


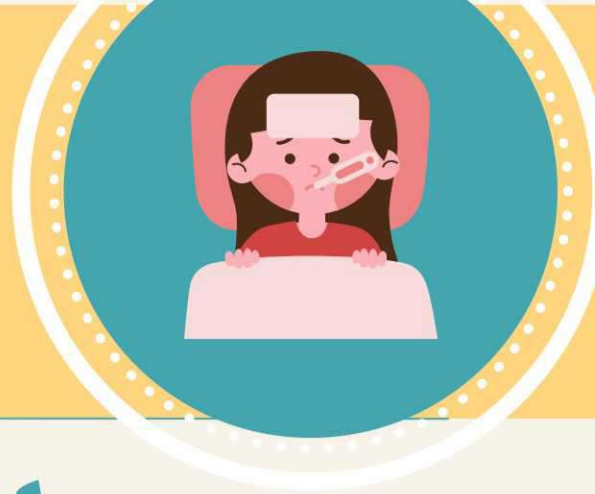
CARING FOR YOUR SICK CHILD:

Common questions, tips, dosing charts, & more!



Material collaboratively developed and reviewed by:
Dr. Michelle M. Myers, MD, Wheatfield Pediatrics
Dr. Colleen Mattimore, MD, FAAP, Medical Health Associates of WNY
Dr. Pam London, MD, FAAP, Buffalo Pediatrics
Robert Bennett, PharmD, Primary Care IPA

How to Care for Your Sick Child:



IDENTIFY THE PROBLEM

Does your child have any of the following symptoms?

- Fever (a temperature greater than or equal to 100.4F)
- Cough or runny nose
- Chest congestion
- Earache
- Sore throat
- Vomiting / diarrhea



MANAGE AT HOME

Most children can be cared for at home with the following:

- Cool mist humidifier
- Treat fever & pain with ibuprofen/acetaminophen (dosing chart attached)
- Keep them hydrated with water, juice, popsicles, freezie pops, soup, juicy fruits/veggies and watch to make sure they are urinating.
- If vomiting, limit to clear liquids.
- For nasal congestion: use nasal bulb suction/"Nose Frida", with nasal saline, older children can use a tissue.
- Honey can help suppress cough and soothe sore throat in children OVER age 1-year-old



CALL YOUR PEDIATRICIAN IF:

- Fever in child under the age of 3 months
- Fever is not improving with properly dosed fever-reducing medications
- Fever for more than 3 days without improvement
- Labored or fast breathing
- No urination for more than 6 hours
- Severe pain



CONTACTING OUR OFFICE:

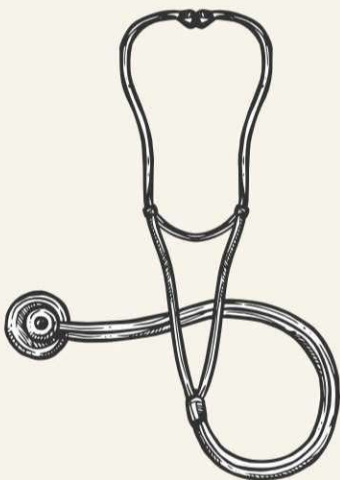
Attach sticker with office number

Call our office during regular office hours to discuss illness concerns with our medical staff. If needed, we offer same-day sick appointments.

If you have urgent concerns outside of our usual office hours, you can call our office to receive a call back from on-call medical staff to address your concerns.

YOUR CHILD NEEDS URGENT MEDICAL CARE FOR THEIR ILLNESS IF:

Your child is unresponsive, has labored/increased work with breathing, seizure activity, or high-grade fever of more than 104.9 F





Tylenol/Acetaminophen Dosing Chart

Use for fever or pain in children 3 months and older. May give every 4 hours as needed.

Child Weight (lb)	Acetaminophen/Tylenol/Infant or children's liquid (160mg/5mL)	Acetaminophen Chewable Tablets (160 mg)	Acetaminophen/Tylenol Adult Tablets (325 mg)
6- 7 lbs	1.4 mL		
8 lbs	1.6 mL		
9 - 10 lbs	2 mL		
11-12 lbs	2.5 mL		
13 lbs	2.75 mL		
14- 15 lbs	3 mL		
16- 18lbs	3.5 mL		
19- 20 lbs	4 mL		
21- 22 lbs	4.5 mL		
23- 25 lbs	5 mL	1 tab	
26- 27 lbs	5.5 mL	1 tab	
28-30lbs	6 mL	1 tab	
31- 32 lbs	6.5 mL	1 tab	
33- 35 lbs	7 mL	1.5 tab	
36- 40 lbs	8 mL	1.5 tab	
41- 45 lbs	9 mL	1.5 tab	
46- 50lbs	10 mL	2 tabs	1 tab
51- 55 lbs	11 mL	2 tabs	1 tab
56- 60 lbs	12.5 mL	2.5 tabs	1 tab
61- 64 lbs	13 mL	2.5 tabs	1 tab
65- 68 lbs	14 mL	2.5 tabs	1 tab
69-71 lbs	14.5 mL	2.5 tabs	1.5 tab
72- 74 lbs	15 mL	3 tabs	1.5 tab
75- 79 lbs	16 mL	3 tabs	1.5 tab
80 - 88 bs	17 mL	3 tabs	1.5 tab
85+ lbs	20 mL	4 tabs	2 tabs

Weight based dosing may vary and the recommendations on this sheet may differ from those on the package. If you have any questions about appropriate dosing for your child, don't hesitate to contact your pediatrician's office for guidance.



Ibuprofen/Motrin/Advil Dosing Chart

**Use for pain or fever in children 6 months and older.
May give every 6 hours as needed, and may alternate
with acetaminophen.**

Child Weight (lb)	Motrin Children's liquid/Ibuprofen Children's Liquid (100 mg/ 5mL)	Motrin/Ibuprofen Infant Drops (50 mg/ 1.25mL)	Motrin/Ibuprofen chewable tablet (100mg)	Adults Ibuprofen Tablets (200 mg)
10 lbs	2.3 mL	1 mL		
11- 13 lbs	2.5 mL	1.25 mL		
14- 15 lbs	3 mL	1.5 mL		
16- 19 lbs	4 mL	2 mL		
20 -21 lbs	4.5 mL	2.25 mL		
22- 24 lbs	5 mL	2.5 mL	1 tab	
25- 30 lbs	6 mL	3 mL	1 tab	
30- 32 lbs	7 mL		1 tab	
33- 34 lbs	7.5 mL		1.5 tab	
35- 37 lbs	8 mL		1.5 tab	
38- 41 lbs	9 mL		1.5 tab	
42- 46 lbs	10 mL		2 tab	1 tab
47- 51 lbs	11 mL		2 tab	1 tab
52- 60 lbs	12.5 mL		2 tab	1 tab
62- 70 lbs	15 mL		3 tab	1.5 tabs
71- 84 lbs	17.5 mL		3 tab	1.5 tabs
85+ lbs	20 mL		4 tab	2 tabs

Weight based dosing may vary and the recommendations on this sheet may differ from those on the package. If you have any questions about appropriate dosing for your child, don't hesitate to contact your pediatrician's office for guidance.



Allergy Medication Dosing Chart

Diphenhydramine HCl/Benadryl:

Use for children 6 months and older for allergies/hives every 8 hours as needed.

Weight based dosing may vary and the recommendations on this sheet may differ from those on the package. If you have any questions about appropriate dosing for your child, don't hesitate to contact your pediatrician's office for guidance.

Child Weight (lb)	Diphenhydramine HCl/Benadryl oral solution (12.5 mg/5mL)	Diphenhydramine HCl/Benadryl chewable tablets (12.5 mg)	Diphenhydramine HCl/Benadryl Tablets (25mg)
11-15 lbs	2.5 mL		
16-19 lbs	3 mL		
20-24 lbs	4 mL		
25-37 lbs	5 mL	1 tab	1/2 tab
38-49 lbs	7.5 mL	1.5 tab	1/2 tab
50-99 lbs	10 mL	2 tabs	1 tab
100+ lbs	20 mL	4 tabs	2 tabs

Cetirizine HCl/Zyrtec:

Use for children 6 months and older for allergies/hives. Give once per 24 hour period as needed.

Child Age:	Cetirizine HCl/Zyrtec Oral Liquid (1mg/1mL)	Cetirizine HCl/Zyrtec Oral Tablet (10mg)
6 months - 23 months	2.5 mL	
2 years - 5 years	2.5 - 5 mL***	
5+ years	5 mL - 10 mL***	1/2 tab - 1 tab

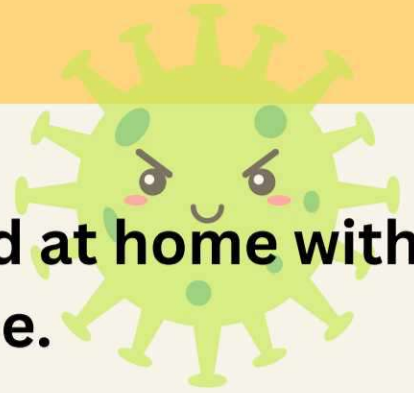
*** For children 2 years-4 years, you may start your child on the minimum dose (2.5mL) and there is no improvement within several hours, you may give another 2.5 mL so long as you don't exceed 5 mL in a 24-hour period***

*** For children older than 5 years, you may start your child on the minimum dose (5mL) and if there is no improvement within several hours, you may give another 5mL so long as you don't exceed 10mL in a 24-hour period. The same rule applies to the oral tablets - you may start with 1/2 tablet and give the other half if there is no improvement in several hours***



Understanding Viral Infections

Most viral infections can be managed at home with supportive care and time.

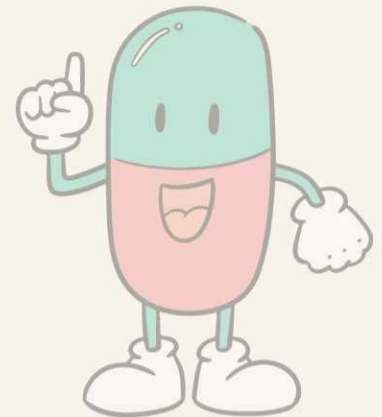


1. Antibiotics

- Antibiotics are ***not effective against viral infections*** and should only be used if prescribed by a healthcare professional.
- Taking antibiotics that haven't been prescribed to you can be harmful.

2. Duration of Symptoms

- Coughs caused by a viral infection can persist for a month or so.
- It is common for children to experience prolonged cough due to post-viral inflammation.



3. Sinus Congestion

- Bacterial sinus infections are less common in children than adults. An antibiotic for a sinus infection may not be appropriate unless they have had symptoms that are not improving for more than 14 days.
- Over-the-counter saline nasal sprays or drops can help relieve congestion in children.

4. Mucus Color

- Yellow or green mucus is common during a viral infection.
- Mucus that is yellow/green does not always mean that there is a bacterial infection or that an antibiotic is needed.





FAQ: Treating a cough when your child is sick

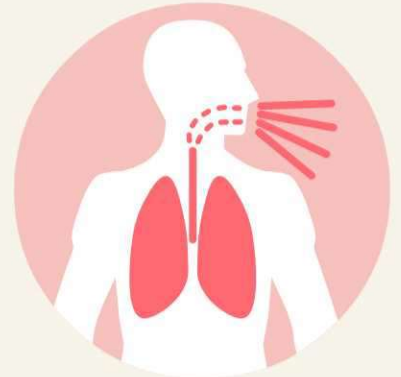
1. Is my child's cough caused by a viral illness or something else?

Coughs can be caused by many different things. If your child has been sick and they have other symptoms such as fever, runny nose, congestion, or sore throat, their cough is most likely another symptom of the virus.

There are many other causes of coughs in children. If your child is not in distress and you have questions about their cough, call our office to speak with medical staff for advice.

2. Is there anything I can give my child to make them stop coughing?

- Cough is an important reflex that the body uses to clear the airway.
- If your child is sick or recovering from an illness, we don't want to suppress their cough or make them stop coughing- we want to help them feel more comfortable.
- **If your child has a cough due to a viral illness, it may last a month or so.** Most coughs will resolve with at-home care and time to heal.



3. How can I treat my child's cough at home?

- Use a cool-mist humidifier.
- If your child is over age 1, you can give them honey to soothe their cough.
- Cough drops can be given to older children, but young children should never be given cough drops because they can easily choke on them.
- Over-the-counter cough medicines are safe to try, as long as your child is old enough and the proper dose is given. However, they may not help very much.
- Make sure your child is getting lots of fluids and rest.

4. When should I seek **urgent medical attention** for my child's cough?

Your child needs immediate medical attention if they are having trouble breathing or working harder to breathe. Look out for these signs:

- Grunting/wheezing sounds, head bobbing, or their nostrils flaring. You might also see the muscles around their chest and ribcage tightening up, and they may look like they're being "sucked in" underneath their ribcage. These are called "retractions".
- If your child is working harder to breathe even when they're at rest (watching tv, laying down, etc.)

If you have concerns about your child's cough, you can call our office to speak with medical staff for advice or schedule a sick visit if needed.

