

# Sickness

## Call your doctor if your child...

- Vomits more than 12 hours for infants, or more than 24 hours for children under age 2.
- Refuses to eat for more than one day.
- Has a temperature of 100.4°F (38°C) or more (younger than 12 weeks).
- Has a temperature that does not go down after taking acetaminophen or ibuprofen, or is higher than 102°F (38.8°C) (older than 12 weeks).
- Pulls at ears.
- Has a high temperature and moves his or her neck with difficulty.
- Cries when urinating.



## Use medications as instructed.

- Store all medications — both prescription drugs and nonprescription drugs such as aspirin, Motrin®, cough medicines, cough lozenges, face creams, and many others — out of your child's reach. It is best to store medicines in a LOCKED closet or container.
- When buying medicine, look for, or ask your druggist to use, childproof caps on the containers. But don't rely on these caps too much. "Childproof" containers can actually be opened by many children.

- Use up all medicine if your doctor told you to. If you are supposed to give your child an antibiotic for 10 days, be sure to do so. Your child may feel better and might stop having symptoms before the 10 days have passed. You still need to give all 10 days of the medication or your child may not stay well and may get sick again soon.

- Sometimes you will have medicine left over. If you have any unused cough medicine, ear drops, nose drops, laxatives, or skin creams, please call your doctor or pharmacist to talk about it. If you have leftover medicine even

after you have used it for the time specified by the doctor, do not continue to use the medicine without asking the doctor first.

- Don't give your child an enema unless your doctor tells you to. If your doctor prescribes an enema, give only one. Children don't usually need enemas.

## Be alert to changes in your child's health.

If you notice changes in the way your child looks or acts, this may be a sign that he isn't feeling well. If you wonder if he is sick, write down the changes you see on the Child Symptoms Checklist. Make notes about what is happening, how often it happens, and what your child usually does. You can help your doctor figure out what, if anything, is wrong when you have these clear in your mind. Call your clinic and talk about it. Bring your checklist with you to the clinic.