
Respiratory illness guidance for children



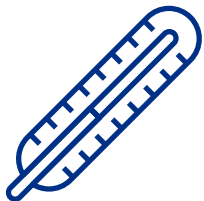
Self-care at home

Keep children home and manage mild symptoms of colds, flu, COVID-19 or RSV with proper nutrition, rest, hydration and over-the-counter medications such as acetaminophen and ibuprofen to manage fever. Never give aspirin to children.



Need medication guidance?

Call your primary care provider or a Samaritan pharmacy. Find a pharmacy at samhealth.org/Pharmacy.



Worsening symptoms?

Call your children's primary care provider to see if same-day appointments are available.

Go to an urgent care if:

Your child's primary care provider is not available.

Go to an emergency department if:

Your child is experiencing one or more of the following:

- *Difficulty breathing or breathing very quickly.*
- *Severely dehydrated.*
- *Fainting.*
- *Fever above 105 degrees.*

Symptoms requiring medical attention

- **Fever that does not respond to fluids, rest and fever-reducing medications.**
- **Extreme fatigue.**
- **Inconsolable irritability (in young children).**
- **Confusion.**
- **Headache that does not go away.**
- **Chest pain.**
- **Labored breathing and a persistent cough.**
- **Neck stiffness.**
- **Stomach pain.**
- **Vomiting and dehydration (decreased urination and no tears when crying).**
- **Back pain.**
- **Weak legs or feet.**
- **Severe muscle pain.**



Samaritan
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samhealth.org/WhereToGo