

Some Common Illnesses

URI

Upper respiratory infection is known more commonly as a cold. A cold runs its course in 7-10 days. Call during office hours if your child is extremely fussy, not sleeping well or if symptoms persist.

Fever

If your child is under 3 months and has a temperature over 100.4 call our office number (24 hour answering service).

If over 6 months:

Give acetaminophen (Tylenol) for fever relief if your child is uncomfortable. If the fever is over 102.5 and your child is over 6 months old you may use ibuprofen for better relief. **DO NOT GIVE ASPIRIN** You may also use a tepid bath or wrap your child in some wet body temperature towels. As the water evaporates it will cool your child off. Make sure the water is not too cold to avoid making your child shiver. Dress your child lightly so that they don't get over heated. Call during office hours if the fever persists with no other symptoms.

Ear Infections

If your child complains of ear pain you may try Tylenol, add some decongestant to unstuff them and try a warm compress near the ear. Many ear infections are viral and will usually resolve without antibiotics. However, if the pain persists for more than a day or so call our during office hours so we can see your child to evaluate them. We need to see these children to make a definitive diagnosis.

Swimmer's Ear

This is an infection of the ear canal. It hurts when the ear is touched and is usually seen without fever. Call during hours for an appointment.

Pink Eye (Conjunctivitis)

Pinkish eyes, irritated and swollen. There is a discharge and the eyes are crusty and shut in the morning or after a nap (Infants without red eyes most commonly have a blocked tear duct and need an appointment before treatment.) Leave a voice mail if the office is not open (please do not page us for this) or call during office hours and we can usually call in a prescription for you for some eye drops. Children with recurring infections should be seen for further evaluation.

Vomiting and/or diarrhea

If you have an infant or observe signs of dehydration such as dry mouth, greatly decreased activity and no urine within a 12 hour period call our office (24 hour answering service).

Otherwise, for vomiting, small sips of clear liquids (Pedialyte is best). If tolerating clear liquids may progress to bland solids.

For diarrhea - encourage plenty of fluids, and more of the binding foods (Bananas, rice, applesauce and toast) as well as bland solids.

Sore Throat

If your child has cold symptoms along with a sore throat then you can monitor as with a cold. If the sore throat is accompanied by swollen glands, headache or stomachache aches and fever, has a rash along with the sore throat, especially if there was a known exposure to strep within the previous week call during office hours for an appointment..

Diaper Rash

This is usually due to irritation from urine and stool. Keep the area clean, change the diaper frequently and expose the area to air. Avoid wipes and rinse gently with some warm water instead. A diaper ointment with every diaper change is helpful. If symptoms persist please call during office hours for an appointment.

Constipation

Is usually associated with hard, infrequent bowel movements or has a difficult time, or pain or blood when passing a stool. For infants, offering 1-2 ounces of additional water between feedings can help. For older babies and children increasing fruits and vegetables along with more fluids should help. If the constipation continues call our office during hours for more suggestions.



Pharmacy Phone # _____

Pharmacy Hours : _____

24 Hour Pharmacy _____

24 Hour Pharmacy # _____

POISON CONTROL 1-800-222-1222

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