

Top Reasons Parents Call Their Pediatrician &

Helpful Management Tips:

Fever - Fever is not dangerous unless at 106 or greater. Degree of fever does not tell how sick your child is and is just a symptom. Use Tylenol or Motrin (if 6 months or older) to keep the fever down. Fever can last 3-5 days as part of a viral illness and can go up and down until they are well. The most accurate way to take a temperature is rectally for an infant and orally for older children. You do not need to add a degree if taking the temperature in a different manner (ear, temporal artery, etc.)

Vomiting – Viruses can cause a good amount of vomiting for 24-48 hours. Allow your child's stomach to rest for one hour after vomiting, then start to offer small amounts (1-2 teaspoons) of Pedialyte or Gatorade every 5-10 minutes. Once well-tolerated, advance the diet slowly.

Diarrhea – Can last for 1-2 weeks with viral illness. Give your child their regular diet and offer increased fluids such as Pedialyte or Gatorade. Yogurt with active cultures helps as well.

Dehydration – Watch for your child's urine output. If your child is urinating on average every 8 hours, they are not likely dehydrated.

Cough/ Runny Nose – May linger for 10-14 days as part of a cold. It does not matter if the mucus is clear, green or yellow. This can be treated with over-the-counter cold medicines if your child is not having respiratory distress.

Rashes – Often a part of a viral illness, allergic reaction, or irritation of the skin. Can be treated with over the counter hydrocortizone cream and Benadryl. Call during regular office hours so that the rash can be seen.

Ear Pain – Usually requires an office visit for diagnosis and treatment. Can use Tylenol or Motrin to help with fever or pain until an appointment is available.

Falls/ Head Injury – If there is loss of consciousness or change in behavior call your doctor or bring to the ER. All other falls can be managed with ice and Tylenol or Motrin.

Prescription refills – handled during normal office hours