

WEST PLANO PEDIATRICS

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PEDIATRIC EMERGENCIES

CALL YOUR DOCTOR IMMEDIATELY FOR:

- Infant < 3 months with fever >100.4° rectally
- Fever and/or neck pain in back of neck or stiff neck in an ill child
- Fever and simultaneous vomiting
- Fever > 105° if cause of fever is unknown (can be common in many viral illnesses i.e. Influenza)
- Head injury involving loss of consciousness, vomiting, visual changes or sleepiness
- Signs of dehydration (dry lips, sunken eyes, decreased activity level, no urination in over 8-12 hours)
- Lethargy or difficulty arousing a child (especially if fever, vomiting, diarrhea, or head injury)
- Labored and persistent rapid breathing (look for unusual chest movements, flaring nostrils):
 - > 60 breaths per minute < 1 year old
 - > 50 breaths per minute > 1 year old
- Severe pain in the right lower side (often associated with fever or vomiting)
- Extreme irritability or persistent inconsolable crying for > 2 hours in an infant or ill child
- An injured extremity that is misshapened or crooked
- Any purple spots are present on the skin.
- Your child cannot swallow and is drooling saliva.
- Breathing is difficult and doesn't improve after the nose is clear
- Your child has severe abdominal pain
- Your child continues to act or look very ill 1 hour after treatment with Tylenol or Advil.

FOR ALL INGESTIONS CALL POISON CONTROL

1-800-222-1222

For life threatening emergencies,
call 911 or take your child to the
nearest emergency room.

Dr. Gair Dr. Adams Dr. Mix Dr. Berger Dr. Leon

FOR NON-EMERGENT PROBLEMS, PLEASE SEE INSTRUCTIONS BELOW. If further questions, please call 972-608-0774 if you feel your question cannot wait until the office opens.

FEVER - Most fevers are beneficial to help fight infection. If your child is uncomfortable and is > 3months old, please give one dose of Acetaminophen. If your child is > 6 months old with a fever $\geq 102^\circ$ or is uncomfortable you may give Acetaminophen (Tylenol) or Ibuprofen (Motrin). Call in a.m. for appointment if fever or pain persists unless signs of emergent illness(see left). Increasing fluids, light clothing and lukewarm baths can also help.

COUGH - A cough is a protective mechanism to clear mucous from the airway and doesn't require treatment unless it inhibits sleep, produces vomiting, or if your child has asthma, wheezing and/or labored breathing. If you have asthma medications for your child at home, administer the rescue inhaler or nebulizer treatment and observe. If there is no improvement within 30 minutes or your child's condition worsens, call your doctor.

CROUP - Croup is a seal-like barking cough caused by a virus. Keep your child calm, provide cool mist humidifier, and offer fluids. If tight cough persists, sit in steamed-up bathroom or take outside in cool air to decrease cough. If severe cough persists > 15 minutes despite these measures, noisy breathing with taking in a breath, difficulty swallowing (drooling or spitting), or lips/nails turning blue go the Emergency Room immediately.

VOMITING AND DIARRHEA - If breastfeeding, continue to do so. Otherwise give Pedialyte in small amounts over 12-24 hours. Gatorade or frozen Pedialyte popsicles in children > 1-2 years is an excellent alternative. Avoid juices (worsens diarrhea) or excessive water intake (can cause electrolyte abnormalities especially in a child < 9months). Call if signs/symptoms dehydration (see left).

CONSTIPATION - Increase juice if > 4 Mo., and fiber intake. If unable to pass stool, contact doctor in a.m.

EARACHE - Give Acetaminophen (Tylenol) or Ibuprofen (Motrin) to alleviate pain/fever. A heating pad to the affected ear is helpful. Call in a.m. for appointment.

SORE THROAT - Most are viral infections, especially if associated with cold symptoms. Strep throat occurs 10-20% of the time and should be ruled out especially if fever, headache, vomiting/abdominal pain. Give Acetaminophen (Tylenol) or Ibuprofen (Motrin), popsicles, cool fluids etc. Call in a.m. for appointment.

EYE INFECTION - Flush eyes with sterile lubricant drops, apply cool compresses, gently cleanse eyelid drainage with diluted baby shampoo. Call in a.m. for appointment.

RASH WITHOUT FEVER - These are usually not serious. May give Benadryl, Aveno baths, 1% Hydrocortisone cream for itching. If your child is taking antibiotics, hold further doses and call in a.m.

BEE, BUG BITES, SCORPION BITES - Place ice on area. Give Acetaminophen (Tylenol) or Ibuprofen (Motrin) for pain. Give Diphenhydramine (Benadryl) for itching. Call 911 immediately or go to the Emergency room if wheezing, difficulty breathing, throat or chest tightness occurs or if patient has had previous serious allergic reaction to insect bites in the past or if this incident involves > 5 stings.

Weight	Acetaminophen (Tylenol) (160mg/5ml) (every 6 hours)	Infant Ibuprofen (50mg/1.25 ml) (every 6 hours)	Childrens Ibuprofen (Motrin) (100mg/5ml) (every 6 hours)	Diphenhydramine (Benadryl 12.5 mg/5ml) (every 6 hours)	Age	Cetirizine (Zyrtec) (daily)	Loratadine (Claritin) (daily)
6-11 lbs.	1.25 ml	Do not use under 6 months	Do not use under 6 months	Do not use	3-6 months	Do not use	Do not use
12-17 lbs.	2.5 ml	1.25 ml	2.5 ml	2.5 ml	6-11 months	2.5 ml	Do not use
18-23 lbs.	3.5 ml	1.875 ml	4.0 ml	4 ml	12-23 months	2.5 ml	Do not use
24-35 lbs.	5 ml	use Childrens Ibuprofen (Motrin)	5 ml	5 ml	2-3 years	2.5 - 5 ml	2.5 - 5 ml
36-47 lbs.	7.5 ml		7.5 ml	7.5 ml	4-5 years	2.5 - 5 ml	2.5 - 5 ml
48-59 lbs.	10 ml		10 ml	10 ml	6-8 years	5 - 10 ml	5 - 10 ml
60-95 lbs.	12.5 ml		12.5 ml	10 ml	9-11 years	5 - 10 ml	5 - 10 ml

MEASUREMENTS: 1/2 tsp = 2.5 ml

1 1/2 tsp = 7.5 ml