

*******CHILD CARE IMPORTANT NUMBERS AND GUIDE*******

CLEBURNE PEDIATRICS/ DR. RANBIR K SHARMA, M.D. * 215 N RIDGEWAY DR. CLEBURNE, TX 76033 *PHONE: 817-774-2560 *FAX: 817-774-2563

www.cleburnepediatrics.com

IMPORTANT NUMBERS:

*POISON CONTROL=1-800-222-1222

*COOK CHILDRENS HOSPITAL Ft WORTH, TX=682-885-1024

*AMERIGROUP NURSE HELP LINE=1-800-600-4441

*WALLS/TEXAS HEALTH HARRIS METHODIST ER# 817-556-7601 OR MAIN# 817-641-2551

THESE ARE CONSIDERED EMERGENCIES: (ALSO SEE MEDICATIONS GUIDE SHEET ON OUR WEBSITE FOR SUGGESTED DOSAGES FOR CHILDREN)

- Infant under 3 months old with fever over 100.4 rectally
- Fever and/or neck pain in back of neck or stiff neck in an ill child
- Fever and simultaneous vomiting
- Any purple spots present on skin
- Fever over 105 if cause of fever is unknown
- Head injury involving loss of consciousness, vomiting and/or visual changes or sleepiness
- Severe pain in lower right side of abdomen (possibly with fever or vomiting) or severe abdominal pain
- Signs of dehydration-dry lips, sunken eyes, decreased activity, no urination in over 8 hours
- Lethargy (or difficulty arousing a child) especially if having fever, vomiting, diarrhea, or head injury
- Extreme irritability or persistent inconsolable crying over 2 hours in infant or ill child

- An injured extremity that is misshapen or crooked

-Child cannot swallow & is drooling

-Labored and persistent rapid breathing, unusual chest movement, flaring nostrils (over 60 breaths/minute in less than 1 year old and over 50 breaths/minute in older than 1 year old)

- Breathing is difficult & not improved by clearing of the nose

-Child is still very ill an hour after dose of Tylenol or Advil or Motrin

THESE ARE USUALLY NOT EMERGENCIES, FEEL FREE TO CALL OFFICE FOR ANY QUESTIONS OR TAKE CHILD TO NEAREST EMERGENCY ROOM IF CONDITION WORSENS OR BECOMES SEVERE:

-(**FEVER**) Most fevers are beneficial to help fight infections. If child is uncomfortable and is over 3 months old, give them one dose of Tylenol. If over 6 months old and a fever of over 100 you may give Tylenol or Motrin. Call office next morning for appt. if it persists or take to ER. 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 child has asthma, or if wheezing and labored breathing. If you have asthma medications for your child administer rescue inhaler or nebulizer treatment and observe them. If there is no improvement within 30 minutes or condition worsens call the doctor or take to ER if child is asthmatic and having no improvement and cannot get in to see the doctor.

-(**VOMITING AND DIARRHEA**) If breastfeeding, continue to do so. Otherwise give Pedialyte in small amounts over 12-24 hours. If child is over 1 year old Gatorade G-2 or frozen Pedialyte popsicles work great. Avoid juices (worsens diarrhea) or excessive water intake (can cause electrolytes to imbalance). Call if signs of dehydration occur.

-(**EARACHE**) Give Tylenol or Motrin to alleviate pain and fever. A heating pad or warm washcloth applied lightly to ear can help. Call for appointment in morning.

-(**BEE, BUG, AND SCORPION BITES**) Place ice on area. Give Tylenol or Motrin for pain. Give Benadryl if itching. Call 911 or go to ER if wheezing, difficulty breathing, throat swelling, chest tightness, or if patient has history of severe reaction to bites or more than 5 bites or stings.