

# How to Care for Your Child During Respiratory Virus Season

Having a sick child can be scary. Know what symptoms to watch for, *how* to provide care and comfort at home, and *when* to seek help — it's all part of providing good **KidCare!**

At an emergency department, the sickest patients are always seen first. Less sick patients will have to wait for care. Depending on your child's symptoms, you may be able to provide care at **home**, or be seen faster by your doctor or a **walk-in clinic** or **urgent care centre**.

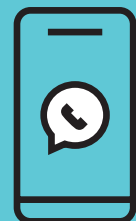
When deciding where to go, consider these **cold and flu symptoms** to determine whether your child needs emergency care.

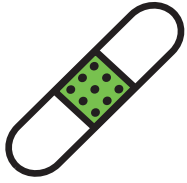
|                             | Emergency  | Not an Emergency  |
|-----------------------------|--|---|
| <b>Breathing Problems</b>   | <ul style="list-style-type: none"> <li>• in respiratory distress</li> <li>• pale skin with blue lips</li> <li>• wheezing, not responding to medication</li> </ul>  | <ul style="list-style-type: none"> <li>• nasal congestion and cough</li> <li>• mild wheezing that is responding to medication or is not associated with difficulty breathing</li> </ul>                     |
| <b>Fever</b>                | <ul style="list-style-type: none"> <li>• infant (less than 3 months old) with fever</li> <li>• immune system or chronic health problems</li> <li>• difficult to wake or excessively sleepy</li> <li>• fever ongoing for more than 5-7 days</li> <li>• neck stiffness with vomiting and sleepiness</li> <li>• unable to walk or weakness of arms or legs</li> </ul> | <ul style="list-style-type: none"> <li>• in healthy and vaccinated babies</li> <li>• in children who are generally well</li> <li>• on its own, a high fever does not require a trip to emergency</li> </ul> |
| <b>Vomiting or Diarrhea</b> | <ul style="list-style-type: none"> <li>• in a child less than 3 months old</li> <li>• repeated vomiting and shows signs of dehydration (no tears, dry mouth, sunken soft spot)</li> <li>• containing blood or is bright green</li> <li>• dehydration with dry mouth, or if no urine is passed for 12+ hours</li> </ul>   | <ul style="list-style-type: none"> <li>• vomiting or diarrhea less than 3-4 times per day</li> <li>• ongoing diarrhea after 'stomach flu' as this can last for up to 2 weeks</li> </ul>                     |

Learn more about symptoms that should lead to a visit to emergency and those that can be cared for at home or elsewhere, at [KidCareMB.ca](http://KidCareMB.ca).

## Not Sure Where to Go?

Talk to a nurse from home and get help assessing your child's symptoms. Call Health Links – Info Santé at **204-788-8200** or **1-888-315-9257**. In an emergency, call **9-1-1**.





## Vaccination

All children in Manitoba aged six months and older can get COVID and flu vaccines.

Keeping your kids up to date on vaccinations can prevent them from getting sick. There are many locations across the province where they can be immunized, and we have an online map to help you find a spot that is convenient.

Book Now — [ProtectMB.ca](https://www.protectmb.ca)



## Fevers?

Fever is not dangerous. It is the body's natural response to infections and actually helps to fight infection.

Higher temperatures do not mean the infection is more serious, and a fever on its own does not require medical attention in most children.\*

You do not need to treat fever with medicine. Cool your child by dressing them in light clothing, offering extra fluids, and keeping the room cool.

*\*Children under 3 months of age and those with chronic health conditions should be seen if a fever develops.*

## A Dose of Prevention Goes a Long Way!



### Stay Home

Keep sick kids at home to slow the spread.



### Hand washing

Teach your kids to wash hands with soap for 20+ seconds.



### Cough

Cover your cough or sneeze.



### Masks

Consider wearing a mask when indoors in crowded locations.

## Need Advice?

Health Links – Info Santé can help 24/7.

Call **204-788-8200** or **1-888-315-9257**

In an emergency, call **9-1-1**.

