



A MESSAGE TO PARENTS AND CAREGIVERS OF CHILDREN SEEKING MEDICAL CARE

The cold and flu season is upon us and you may have questions when your child becomes sick or worry about when to bring your child to visit a doctor, nurse or to the hospital. Children may need medical care for many reasons not related to the cold or flu.

During the respiratory season, children and families should continue to practice personal prevention measures: clean hands often, monitor for symptoms of illness, stay home when sick and practice respiratory etiquette, such as wearing a mask in indoor public spaces if you have symptoms. Encouraging routine childhood immunizations, seasonal influenza and the COVID-19 vaccine for those who are eligible is the most effective way to help people stay healthy, prevent illnesses and even save lives.

If you are unsure if your child needs medical care, use the **red**, **amber** and **green** guide below to help you decide. You know your child best. If you are worried about their physical or mental health call 8-1-1 or your health care provider.

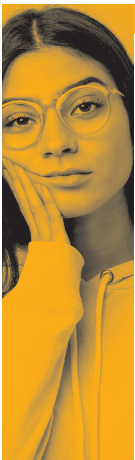


EMERGENCY medical care

Go to your nearest Emergency Department or call **9-1-1** if your child:

- Has trouble breathing, has quick or irregular breathing, or makes grunting sounds
- Has blue lips or skin, or is very pale
- Loses consciousness, is not responsive or does not respond like they usually do
- Is an infant and is not feeding, is vomiting (throwing up) and/or has diarrhea AND has no tears, dry mouth or is not passing urine (pee)
- Is younger than three months old and has a fever of 38 degrees Celsius or higher.
- Is having a seizure
- Has a severe burn
- Has bleeding that does not stop
- Has painful or swollen testicles, especially in teenaged boys
- May be poisoned

If your child is thinking about or trying to end their life, get emergency help. Call **9-1-1** or **1-800-SUICIDE**.



SAME DAY medical care

Call your child's doctor, nurse practitioner, community or public health nurse, First Nations Community Health Centre, Primary Care Clinic, or Urgent Primary Care Center. Or, visit a walk in clinic. For help 24 hours a day, call **8-1-1** or visit **HealthLinkBC.ca**. Visit a health care provider today if your child:

- Is more than 3 months old, has a fever of 38 degrees Celsius or higher, seems sleepy, and acetaminophen (Tylenol) or ibuprofen (Advil) do not help
- Has a fever and other signs of illness, like a rash, cough, vomiting, or diarrhea
- Is not eating or drinking well, and is lethargic (low energy), fussy or grumpy
- Is vomiting a lot, especially if you see blood in it
- Has diarrhea or is vomiting, is not making tears, and is not passing urine as they normally would. Babies usually pass urine every 3 hours and toddlers every 4-6 hours
- Has an injured arm or leg that looks swollen, crooked or hurts
- Has a head injury and loses consciousness, vomits, or does not respond like they usually do
- Has blood in their stool (poo) or urine
- Has been sick, is getting worse and you feel worried

If you or your child are in danger or feel worried about your safety, get same day medical care.



ROUTINE & ONGOING CARE medical care

Your health care provider may offer care in person, by phone or online, depending on your child's need.

Call your child's doctor, nurse practitioner, community or public health nurse, First Nations Community Health Centre, Primary Care Clinic, or Urgent Primary Care Center. Or, visit a walk in clinic. Make sure that your child gets:

- Well baby checks, these often start when your baby is 3 to 5 days old
- Regular immunizations when your child is 2 months, 4 months, 6 months, 12 months, and 18 months old, when they are kindergarten age, and in grades 6 and 9
- If your child has a chronic and/or complex medical condition, ask your health care provider when they want to see your child again
- Any medicine that their health care provider prescribes
- Mental health support. You can get help from:
 - Kelty Mental Health (keltymentalhealth.ca)
 - Foundry (foundrybc.ca)
 - Your local **Child & Youth Mental Health office**