

# Parenting Toolkit: Symptom Awareness

## Knowing the Best Place for Care

When it comes to children's health, sometimes the best choice for where to get care is not always clear. This guide can help parents know when their child should get care at the pediatrician's office, an urgent care center, or the emergency room.

<b>Pediatrician</b> Always try calling your pediatrician first to gain his/her recommendation for personal treatment	<b>Urgent Care</b> These centers are good options for problems that are not life threatening or risks disability, but raise enough of a concern and you cannot see your pediatrician soon enough (e.g., after hours, weekends, etc.)	<b>Emergency Department</b> Get to an emergency room for life-threatening situations or if your child could become permanently disabled
Child appears to be unwell with or without symptoms such as a rash or runny nose	If you suspect your child has an ear infection	Head injury or injury to neck or spine
Vomiting	A severe cold or flu	A high fever which does not go down
Has signs of a common cold	Dehydration or diarrhea	A temperature that drops too low
Has blood or pus around the navel	Constant cough	Extreme tiredness, including difficulty waking up
Not responding normally to sounds or visual cues	Sore throat	Bloody urine, stool, or spit-up
Needs routine tests or vaccinations	Pink eye	Deep cuts, bleeding that cannot be stopped, or potentially broken bones
Requires standard health exams	Minor headaches	Unexplainable swelling
Has ear drainage	Low grade fevers	Rapid breathing, struggling to breathe, stopped breathing or a seizure
Routine physical examinations	Limited rashes	Any type of poisoning
If your child is experiencing behavioral issues	Minor injuries such as sprains, bruises, minor cuts and burns, minor broken bones or minor eye injuries	Severe burn
Monitoring development progress and milestones	Mild allergic reaction	Severe allergic reaction
General concerns about your child	Bladder infection	Unusual or bad headache or chest pain