



Parents' Guide to Childhood Illnesses

Bear Lake Memorial Hospital

164 South 5th Street • Montpelier, ID 83254
(208) 847-1630 • www.blmhospital.com



Important Phone Numbers

Poison Control Center.....	1.800.222.1222
<i>(open 24 hrs/7 days per week)</i>	
Dr. Clay Campbell.....	847.3847
Dr. Jack Clark.....	847.1110
Dr. Peter Crane.....	847.4495
Dr. Lance Hansen.....	847.4495
Dr. Trevor Robinson... ..	847.4495
Anya Anthony P.A.	847.3847
Alex Moss P.A.	847.1110 or 847.4495
Joseph Dayton P.A.	847.4495
BLMH Bumps and Bruises Clinic (BLMH Physical Therapy Dept.).....	847.4417
Bear Lake Drug.....	847.1421
Broulims Pharmacy	847.0806

This booklet is meant to be a quick guide and does not replace your doctor.
Always contact your doctor if you are worried about your child's illness.

Antibiotic Resistance

Bacterial Infections

Antibiotics are powerful medicines used to treat infections caused by bacteria. When used correctly, antibiotics are useful and important in fighting illness. Bacteria are living organisms. Some are useful and cause no harm, but some cause illness by invading the human body, multiplying and interfering with normal bodily processes. Antibiotics are effective in treating bacterial infections because they work to kill these living organisms by stopping their growth and reproduction.

Examples of bacterial infections:

- Pneumonia
- Strep throat
- Urinary tract infections
- Some sinus infections
- Some ear infections

Viral Infections

Antibiotics are not useful in fighting illnesses caused by viruses. Viruses are not alive and cannot exist on their own. They are particles that can only “live”, grow and reproduce only after they have invaded another living cell. Some viruses are fought off by the body’s immune system, but others, like the common cold, must simply run their course.

Examples of viral infections:

- Colds
- Flu
- Most coughs and bronchitis
- Most sore throats
- Many ear infections

Antibiotic Resistance

Taking antibiotics for colds and other viral illnesses not only doesn’t work, but over time, this practice can lead to “antibiotic resistance”. Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply. Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistant bacteria. These bacteria can quickly spread to family members, school-mates, and co-workers creating a new strain of infectious disease that is more difficult to cure.

What you can do on back ➡

ANTIBIOTIC RESISTANCE

Antibiotic Resistance

What you can do:

- Talk with your doctor about your child's illness. Ask, "Is this illness caused by a virus or bacteria?"
- Only use antibiotics when they are likely to be beneficial.
- Complete prescribed course of treatment, even if your child is feeling better.
- Do not save antibiotics for the next time someone is sick. Discard leftover medication.
- Do not give your child antibiotics prescribed for someone else.

Abdominal Pain

Most children experience abdominal pain at some point. While abdominal pain can be a symptom of a serious condition, most “stomach aches” are not the result of a serious cause. The amount of belly pain a child experiences does not always match the seriousness of the problem causing it. Some problems, such as gas or constipation, can make a child very uncomfortable. Stress can also cause abdominal pain. It is important to get to the underlying cause of the stress to help alleviate the abdominal symptoms.

Food intolerance or allergies and other conditions, such as celiac disease can cause abdominal pain. Children should not be given laxatives, antacids or other medicines unless recommended by a doctor.

Symptoms associated with abdominal pain:

- Cramping, bloating, constipation
- Nausea, vomiting, or diarrhea
- Fever, sore throat, heartburn

Symptoms associated with Appendicitis include:

- Significant abdominal pain, especially around the belly button of the lower right part of the abdomen
- Pain usually comes and goes at first but then becomes consistent and sharp
- Loss of appetite
- Repeated vomiting
- Low-grade fever
- “Rebound” pain or pain that occurs after pressure is removed abruptly from the lower right part of the abdomen
- Pain worsens if walking, coughing, or other jarring movements are made
- Abdominal pain so severe the child is unable to sit still or find a comfortable position

Contact your doctor if:

- Child has symptoms of appendicitis
- Child has signs of dehydration
- Child has trouble having a bowel movement
- You notice bloody or black stools
- Loss of appetite lasts for more than a day or two

What you can do at home on back ➡

Abdominal Pain

What you can do at home:

- Make sure the diet includes plenty of fluids and fiber-rich foods like fruits and vegetables
- Reduce fatty, greasy foods like French fries and burgers
- Encourage regular eating habits, limit chewing gum and carbonated beverages to help eliminate bloating and gas.
- Encourage your child to talk about their worries to help deal with stress

Burns

Scald burns from hot water and other hot liquids are the most common burns in young children. Burns range in severity from mild to life threatening. Some can be treated at home, but others need emergency medical care.

Symptoms:

- **First-degree burn:** A minor burn affecting only the outer layer (epidermis) of the skin. Symptoms include redness and pain and usually resolves, using first-aid measures, within a week. Sunburn is a classic example.
- **Second-degree burn:** These burns affect the outer layer (epidermis) and the second layer (dermis) of skin. A burn of this type will often look wet or moist. Symptoms include blisters and pain can be severe. Deep second-degree burns can cause scarring.
- **Third-degree burn:** If a burn reaches into the fat layer beneath the dermis, it is a third-degree burn. Skin may appear waxy white, leathery, tan, and skin may appear stiff. Third degree burns can destroy nerves, causing numbness.
- **Fourth-degree burn:** This is the most severe burn and it affects structures beyond the skin, such as muscle and bone. Skin may appear charred and blackened. In the case of severe nerve damage, the victim may not feel any pain.

Contact your doctor if any of the symptoms below are present:

- Swelling, increased pain, redness or discharge coming from the area of the burn
- Burn doesn't heal in several weeks
- Victim is experiencing new, unexplained symptoms

Seek emergency medical treatment if:

- The burned area is large
- The burn is caused by a fire, electrical wire or socket, or chemicals
- The burn is a third or fourth-degree burn
- The burn looks infected, including swelling, pus, increased redness, or red streaking of the skin near the wound.

Things you can do at home on back ➡

Burns

Things you can do at home:

(These suggestions apply to first and small second-degree burns.)

- Think prevention! Be careful when using curling irons, candles, space heaters, hot drinks, or around radiators.
- Wash the burned area with cool (not cold) water. Do not use ice, which can cause further damage to the wound.
- Offer ibuprofen or acetaminophen for pain.
- Lightly apply a gauze bandage.
- Try anesthetic cream or aloe gel to soothe the area and prevent dryness.

***Do NOT use ointments, butter, or other remedies on the burn if it appears to be a serious burn, as these can make the burn worse.**

Colds

All colds are caused by viruses, and most are caused by the rhinovirus. Children can get eight colds a year - or more. Colds are most contagious for the first 2 to 4 days after symptoms appear. You can catch a cold by touching a surface that is contaminated with the rhinovirus or by breathing in virus particles that are spread through the air by sneezing or coughing.

Symptoms:

- Runny or stuffy nose with clear, yellow, or green mucus
- Cough
- Headache
- Mild fever
- Fatigue
- Muscle aches
- Sore throat

Contact your doctor if:

- Symptoms get much worse after starting to feel better
- Fever is higher than 101° F
- Can't keep food or liquids down
- Swollen neck glands (lymph nodes)
- Severely painful sore throat that interferes with swallowing

Things you can do at home on back ➡

Colds

Things you can do at home:

- Use a humidifier
- Make sure the child gets extra sleep
- Give extra fluids
- Use saline nose drops
- Give over-the-counter pain relievers (aspirin is not recommended)
- Give over-the-counter cough and cold medicine (do not give these to a child under 4 yrs. old)
- Think Prevention! Wash hands often and wash contaminated surfaces
- Sneeze and cough into shirtsleeves or tissues. Promptly dispose of tissues.

Croup

Croup is caused by a viral infection of the upper airway, and most often affects children between the ages of 6 months to 3 years. The “barking” cough and labored breathing of children with croup are caused by inflammation around the vocal chords, windpipe and bronchial tubes. Croup usually isn’t serious and most cases can be treated at home. Symptoms of croup usually last for three to five days.

Symptoms include:

- Loud, barking cough, which is often worse at night
- Noisy or labored breathing
- Hoarse voice
- Fever

Contact your doctor if:

- Child makes noisy, high-pitched breathing sounds both when inhaling and exhaling
- Child begins drooling or has difficulty swallowing
- Breathing is a struggle
- Breathing seems to be at a faster than normal rate
- You notice blue or grayish skin around the nose, mouth or fingernails (cyanosis)

What you can do at home on back ➡

Croup

What you can do at home:

- Wash hands frequently to prevent spreading the virus.
- Moisten the air with a cool-mist humidifier. You can also create a steam-filled room by running the shower and sitting with your child in the bathroom for 10 minutes.
- In the cooler months, taking your child outside to breathe in the cooler air can ease symptoms
- Hold your child in an upright position. This makes breathing easier.
- Offer plenty of fluids.
- Encourage rest.
- Use over-the-counter pain relievers such as acetaminophen or ibuprofen.

Cough medicine, which doesn't affect the larynx or trachea, isn't likely to relieve your child's cough. Over-the-counter cold preparations are not recommended for children younger than age 4.

Ear Infection

Ear infections* are usually a complication of the common cold. Young children are more prone to ear infections because of narrower, shorter tubes in the ear. Some infections are caused by viruses; others are caused by bacteria. Ear infections which are caused by viruses do not require treatment with antibiotics. An ear infection can last for 2-3 days, but can last longer. Children who are bottle-fed get more ear infections than those who are breast-fed. If your baby is bottle fed, do not prop the bottle.

Symptoms include:

- Ear pain (pulling at ears) Pain is worse when lying down, so most are noticed during the night.
- Fever (can run between 101°F and 103°F)
- Agitation or fussiness
- Lack of energy

Contact your doctor if:

- Fever does not get better after 48 hrs.
- Child has severe pain
- Fluid is draining from the ear
- Swelling or redness is present around the ear
- Child has prolonged dizziness

*Prolonged or frequent ear infections may require insertion of tubes in the ear, if other measures fail to clear the fluid from the ear or prevent infection. Your doctor can advise you about tube placement in your child's ear(s).

Things you can do at home on back ➡

Ear Infection

What you can do at home:

- Keep the child sitting up as much as possible
- Give a non-prescription pain reliever (Aspirin is not recommended)
- Use pain relieving ear drops
- Apply a warm washcloth to the ear
- Increase the child's fluids

Fever

Fever is a normal response to a variety of conditions and seems to help the body fight infection. Almost every child will develop a fever at some point. It can be a challenge to know when to be concerned about your child's fever. The degree of fever does not necessarily indicate the seriousness of the condition. A minor illness may cause a high fever, and a serious illness may cause a low fever. A fever will usually go away within a few days, and in many cases is better left untreated.

Symptoms of fever may also include:

- Sweating
- Shivering
- Headache
- Weakness
- Loss of appetite
- Muscle aches
- Dehydration

Symptoms of high fever (between 103° F and 106°F) may include:

- Hallucinations
- Confusion
- Convulsions
- Dehydration

Contact your doctor if:

- Infant is less than three months of age and has a fever above 100.4° F or greater, regardless of how the child appears to be feeling
- Child aged 3 months to 3 years has a rectal temperature 100.4° F or greater for more than 3 days
- Child aged 3 months to 3 years has a rectal temperature of 102° F or greater that lasts longer than a few hours
- Child (any age) has oral, rectal or forehead temperature of 104° or greater-- or has an axillary (armpit) temperature of 103° F or greater
- Fever (in any child) is recurrent for more than 7 days, even if fevers last only a few hours
- Child (any age) has a febrile seizure---convulsions brought on by fever in infants or small children. Child often loses consciousness or shakes. In some cases the child may become rigid.

What you can do at home on back ➡

Fever

What you can do at home:

- Give acetaminophen or ibuprofen. (Aspirin is not recommended)
- Acetaminophen may be given every 4-6 hrs. Not more than 5 times in 24 hr. period.
- Ibuprofen may be given every 6 hours and dose is according to weight, not age.
- Increase fluids. Forcing the child to eat is not necessary, but fluids should be given often.
- Make sure the child gets plenty of rest.
- Sponging and bathing. Do not use alcohol for sponge bath as it has a risk of toxicity.

Flu

The “flu” is caused by the influenza virus. The virus attacks the body by spreading through the upper and/or lower respiratory tract. Symptoms from the flu are generally more severe than with the common cold and appear more suddenly. The best way for your child to avoid the flu is to get the influenza vaccine. The flu vaccine does not contain a live virus. Some people who get the vaccine will still get the flu, but it will usually be a milder case. Washing hands frequently is also a way to reduce the risk of catching the flu. Usually the flu lasts for 7-10 days and is treated without giving antibiotics, but in extreme severe cases, your doctor may prescribe an antiviral medication.

Symptoms include:

- Fever over 102° F
- Chills and sweats
- Cough
- Muscle aches
- Headache
- Loss of appetite
- Fatigue

Contact your doctor when:

- Symptoms last more than a week without improvement
- Fever lasts more than 3 days or goes above 103°F
- Food or liquid will not stay down
- Child has trouble breathing or is wheezing
- You notice changes in your child's mental state
- Symptoms improve, but return and get worse

Things you can do at home on back ➡

Flu

Things you can do at home:

- Make sure your child gets plenty of rest
- Give the child extra fluids* (water and clear fluids are best)
- Provide a smoke-free environment
- Use non-prescription pain relievers (Do not give aspirin)
- Use over-the-counter flu medicine

*Fluids help loosen mucus and are important because they help prevent dehydration.

Head Injury

Any trauma that injures the scalp, skull, or brain is classified as head injury. Head injuries can be closed, meaning the skull is not broken; or an injury can be open, meaning an object broke through the skull. Most head injuries are minor because the skull protects the brain. Some injuries are severe enough to require a stay in the hospital. Concussion, a head injury in which the brain is shaken, is the most common type of head injury. **Contact 911 for any serious head injury. Do not move an unconscious child. If the child is not breathing, perform CPR if you have been trained.**

Symptoms of minor head injury:

- Minor scalp swelling
- Cut on the scalp
- Mild headache
- Vomiting two or three times

Symptoms of a serious head injury:

- Obvious serious wound
- Unconsciousness or unresponsiveness
- Clear fluid or blood from the nose or ear
- Behavioral changes such as sluggishness, agitation, confusion, or excessive sleepiness
- Dizziness
- Seizure
- Vomiting (more than 2 or 3 times) or vomiting hours after the injury
- Severe or worsening headache

Symptoms of a head injury can occur right away or the symptoms can develop slowly over several hours or days. It is important to be vigilant as problems can result from bleeding or swelling within the skull.

Contact your doctor if:

- The head injury is more than a minor injury
- An infant's head is hurt
- A child of any age has neck pain or won't stop crying after a head injury

Things you can do (or NOT do) at home on back ➡

Head Injury

Things you can do (or NOT do) at home:

- Think Prevention! Always use safety equipment during activities where there could be a head injury. These include seat belts, bicycle or motorcycle helmets, and hard hats.
- Do use protective gates near stairways.
- Do NOT set a child on a surface where falling is possible, such as countertops or tables.
- Do NOT wash a head wound that is deep or bleeding a lot.
- Do NOT shake the child if he or she seems dazed.
- Do NOT remove a helmet if you suspect a serious head injury.

Sore Throat

Tonsillitis is most common in children between preschool ages and the mid-teenage years. Most sore throats are caused by viruses and should be treated without using antibiotics. Most cases last 3-5 days.

Symptoms include:

- Throat pain
- Red, swollen tonsils
- Pain when swallowing
- Fever
- Swollen or tender lymph nodes in the neck
- Lack of energy

Strep throat is caused by bacteria and should be treated with an antibiotic.

Symptoms include:

- White patches or streaks of pus on the tonsils
- Tender neck
- Sore joints
- Rash
- Difficulty in Swallowing

Contact your doctor if:

- You notice any of the above symptoms for strep throat
- Pain becomes significantly worse and lasts more than 48 hours
- Breathing becomes difficult
- Fever is above 101 degrees

Things you can do at home on back ➡

Sore Throat

Things you can do at home:

- Encourage your child to get extra rest
- Provide adequate fluids
- Provide comfort foods: popsicles, cold treats, broth, warm liquids
- Prepare a saltwater gargle: 1 tsp of table salt to 8 oz. of warm water
- Humidify the air
- Offer lozenges
- Keep your home free from irritants such as tobacco smoke
- Treat pain and fever: Acetaminophen or Ibuprofen (Aspirin is not recommended)

When do I take my child to the Emergency Room?

Sometimes it's very obvious that your child is having a medical emergency, but other times it can be hard to know if a visit to the emergency room is warranted. If your child experiences any of the following symptoms, take him/her to the emergency room:

- Shortness of breath or difficulty in breathing, not caused by a stuffy nose
- Change in mental status, confused, or disoriented
- Listlessness, lethargy, or unresponsiveness
- Stiff neck with a fever
- Blue lips, tongue or nails
- Severe headache that won't go away with pain reliever
- Seizure
- Concussion
- Bleeding that won't stop
- Broken bone
- Dehydration: No tears when crying, less saliva in the mouth, urinating less frequently
- Fever (>100.4) in infant younger than 3 months of age
- Has a rash or purple spots that look like bruises on the skin, that were not there before the child got sick
- Abdominal pain where walking or changing positions is difficult and is steadily worsening
- Any laceration to the face or those caused by a dog bite.

If your child has a serious head trauma, has ingested a poisonous substance or has swallowed medication not intended for the child a visit to the emergency room is in order.

The degree of fever is not always a good indication of how serious an illness is. The child's behavior is usually a better indicator of how sick he or she is. You are the best judge of your child's health. If your child seems "sicker than he or she has ever been", please call your doctor.

The Most Caring Hospital On Earth!

Bear Lake Memorial Hospital Key Services

Bear Lake Family Care	847-4495
Bear Lake Memorial Hospital Physician's Clinic	847-1110
BLMH Peak Performance Physical Therapy Dept	847-4417
Bear Lake Memorial Hospital Counseling Services	847-4464
Bear Lake Memorial Hospital Home Health	847-4454
Bear Lake Manor Assisted Living Facility	847-2400
BLMH Skilled Nursing Facility	847-4441

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