



GUIDELINES FOR WHEN TO TAKE YOUR CHILD TO THEIR HEALTHCARE PROVIDER

Contact your healthcare provider for guidance as to when to take your child in for evaluation but in general, according to the [American Academy of Pediatrics](#), it is always prudent to have your child evaluated by their healthcare provider if any of the following occur:

1. Persistent or elevated fever - it is important to realize that a mild fever alone is not a cause for concern and is at times normal, especially during illness
 1. Persistent fever is defined as a fever for more than 3 days in children over 2 yrs (24 hrs in children under 2 yrs)
 2. Elevated fever is a fever above 103F (by ear) in children over 6 months
 1. 3-6 months: 101F (by ear)
 2. Less than 3 months: 100.4F (by ear)
 3. It is important to consider the context of the temperature such as
 1. the presence of other signs and symptoms including illness-related symptoms such as sore throat, congestion, cough, diarrhea, vomiting, shivering, sweating
 2. factors that may contribute to an elevated temperature such as time of day, physical exertion, room temperature, use of blankets or clothing.
 4. Normal temperatures have a wide range, it is important to know what the norm is for your child
 1. Rectal 97.9F to 100.4F (most accurate)
 2. Ear 96.4F to 100.4F
 3. Oral 95.9F to 99.5F
 4. Axillary (under arm) 94.5F to 99.1F
 5. The general rule-of-thumb in healthcare is...
 1. The normal axillary temperature is one degree below the normal oral temperature
 2. The normal rectal temperature is one degree above the normal oral temperature
2. Fever accompanied by any of the following (not a complete list):
 1. Looks very ill, is drowsy, is very irritable
 2. Remains sick once the fever is "down"
 3. Seems to be getting worse
 4. Sore throat for more than 24 hours
 5. Pain with urination
 6. Severe pain
 7. Has been in a very hot place such as an overheated car
 8. Other symptoms such as a stiff neck, severe headache, severe sore throat, severe ear pain, unexplained rash, repeated vomiting or diarrhea
 9. Signs of dehydration
 10. Immune system problems
 11. Recent travel, especially out of the country
 12. Seizure is a cause for immediate evaluation / call to 911
 13. Difficulty breathing is cause for immediate evaluation / call to 911
 14. Any fever of 104F or more is cause for immediate evaluation / call to 911
3. Persistent or productive cough
4. Dehydration
 1. Carefully monitor the balance of fluid in and fluid out - even if you have to measure it
 2. A good indicator of proper hydration is that urine is pale yellow
 3. Most children should urinate four or more times per day, but volume is a much better gauge of fluid balance than frequency
 4. Dehydration can sneak up on you, especially with children that are ill
 5. Thirst is not the same as dehydration but should be taken as a symptom of possible dehydration
5. The "work of breathing" is difficult or impaired - this is cause for immediate evaluation / call to 911
 1. Shortness of breath
 2. Wheezing
 3. Signs of poor oxygenation - pale to blue lips, fingertips,
6. Change in demeanor, personality, awareness, level of consciousness, difficulty to arouse
7. Symptoms are not improving after a couple of days
8. Your "gut" tells you something is wrong