Care at home
Generally, if your child is experiencing mild cold-like symptoms, we recommend care at home (rest, fluids, etc.) before coming to the ER.

Call a health care provider if your child:
• Has a high fever (above 100.4) and is under 3 months of age
• Shows signs of dehydration (not urinating regularly, no tears with crying, etc.)
• Has a cough that gets worse or causes trouble breathing
• Uncharacteristically refuses to eat/drink/breastfeed/bottle-feed

Seek medical attention right away if your child has:
• Trouble breathing or blue lips/fingers
• Extreme lethargy or drowsiness
• Stridor (a high-pitched whistling sound when breathing)
• Respiratory distress (looks like pulling between the ribs, fast breathing, belly heaving, nostrils flaring)

Follow these tips to help keep your family healthy:

- Wash your hands
- Wear a mask indoors (in crowded places like grocery stores or when on a bus or airplane) and avoid large crowds
- Ensure your child is current on their immunizations, including COVID and flu vaccines

This information is does not replace the guidance of a medical professional. In case of an emergency, call 911 or go to the nearest emergency room.

CHoR and hospitals across the country are seeing a surge in hospitalizations related to respiratory illnesses.