

To Your Good Health

from Reedsburg Area Medical Center



Health information for your family. Tape this inside your medicine cabinet or kitchen cabinet door for quick and easy reference.

Flu vs. Colds: A Guide to Symptoms

(Source - www.Kidshealth.org)

Questions to ask concerning...	Flu	Cold
• Was your child's onset of illness...	sudden	slow
• Does your child have a...	high fever	no (or mild) fever
• Is your child's exhaustion level...	severe	mild
• Is your child's cough...	dry	severe or hacking
• Is your child's throat...	fine	sore
• Is your child's head...	achy	headache-free
• Is your child's appetite...	decreased	normal
• Are your child's muscles...	achy	fine
• Does your child have...	chills	no chills

If most of your answers fell into the first category, chances are that your child has the **flu**. If your answers usually belonged in the second category, it's most likely a **cold**. But don't be too quick to brush off your child's illness as just another cold. The important thing to remember is that flu symptoms can vary from child to child (and they can change as the illness progresses). If the child is short of breath, has a fever for more than 4 days or if you are concerned about other symptoms, schedule an appointment with your child's doctor or bring them to Reedsburg Area Medical Center's Urgent Care or Emergency Room.

Tips for Treating the Flu

- Offer your child plenty of fluids (fever can lead to dehydration). If your child is tired of drinking plain water, try ice pops, icy drinks mixed in a blender, and soft fruits (like melons or grapes) to keep him/her hydrated.
- Encourage bed rest with a supply of magazines, books, quiet music, and perhaps a favorite movie.
- Provide acetaminophen (Tylenol) or ibuprofen for your child's aches and pains (aspirin should not be given unless your child's doctor directs you to do so).
- Dress your child in layers. When your child feels warm, you can peel a layer or two, and when he/she feels chilly, layers can be added easily.
- Another way to care for your child is to take care of yourself and the other people in your family! Also, wash your hands thoroughly and often, especially after picking up used tissues.

Other Habits for Good Health

- Avoid close contact with people who are sick and stay home when you are sick if possible.
- Cover your mouth and nose when coughing or sneezing. If a tissue isn't handy, **DO THE ELBOW COUGH**—teach kids (and yourself) to cough into elbows, not hands, because hands are more likely to spread germs through touch.
- Clean your hands frequently.
- Avoid touching your eyes, nose or mouth.

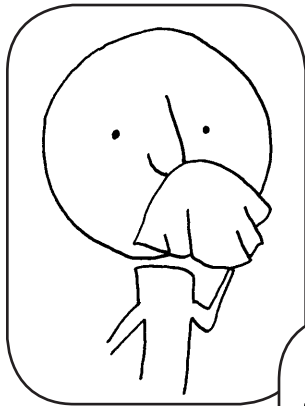
Reedsburg Area Medical Center
URGENT CARE HOURS:

Monday-Friday 3pm-9pm

Weekends 10am-6pm

Emergency Care 24 hours a day, every day

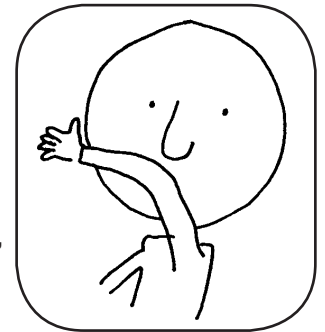
Stop the spread of germs that make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze

Cover your Cough

or
cough or sneeze into your upper sleeve, *not your hands.*



Put your used tissue in the wastebasket.

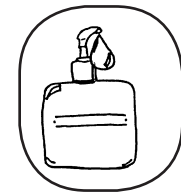


Clean your Hands

after coughing or sneezing.



Wash with soap and warm water or clean with alcohol-based hand cleaner.



Pain Reliever Dosing for Children

Tylenol® Dosing Chart

Dosage Form →		80 mg/ Dropper	160 mg/ Teaspoon	80 mg/ Tablet	160 mg/ Tab/Caplet
Weight	Age				
6-11 lbs	0-3 mos	½			
12-17 lbs	4-11 mos	1	½		
18-23 lbs	12-23 mos	1½	¾		
24-35 lbs	2-3 yrs	2	1	2	
36-47 lbs	4-5 yrs		1½	3	
48-59 lbs	6-8 yrs		2	4	2
60-71 lbs	9-10 yrs		2½	5	2½
72-95 lbs	11 yrs		3	6	3
96+ lbs	12+ yrs				4

Motrin®/Ibuprofen® Dosing Chart

		5 mg/kg Fever ≤ 102.5		5 mg/kg Fever ≥ 102.5	
Weight	Age	mg	tsp	mg	tsp
13-17 lbs	6-11 mos	25	¼	50	½
18-23 lbs	12-23 mos	50	½	100	1
24-35 lbs	2-3 yrs	75	¾	150	1½
36-47 lbs	4-5 yrs	100	1	200	2
48-59 lbs	6-8 yrs	125	1¼	250	2½
60-71 lbs	9-10 yrs	150	1½	300	3
72-95 lbs	11-12 yrs	200	2	400	3



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