What should I do if my child is sick?

You have options:
- Call your Family Doctor or Primary Care Team
- Visit a local Urgent Care Centre
- Visit UrgentCareOntario.ca for a virtual urgent care appointment
- Speak with a registered nurse 24/7 by calling 8-1-1

Visit the Emergency Department if your child is:

- Having trouble breathing
- Not drinking well or is showing signs of dehydration
- Becoming unresponsive or persistently irritable
- Breathing too fast or working hard to catch their breath when not coughing
- Older than three months and has had a fever for more than five days
- Younger than three months with a fever

Scan the QR code above to get health tips on dealing with colds, flu, fevers and more.

How to care for your child at home if they are breathing normally and have mild symptoms:

- Ibuprofen (i.e. Motrin, Advil) or acetaminophen (i.e. Tylenol, Tempra) can be used to help your child be more comfortable while they are recovering.
- A small spoon of honey to soothe coughing or a sore throat **if they are older than one year**.
- Wash everyone's hands thoroughly and often to help prevent spread.

Learn more about viral season to help prevent the spread of colds and viruses:

- Make sure everyone in your household is up-to-date with vaccines for flu, COVID, and other preventable illnesses per Ontario's immunization schedule.
- Wash hands thoroughly and often.
- Consider wearing masks in crowded indoor spaces.
- Stay home if you're sick.

! REMINDER
Emergency departments are for patients who are seriously ill. If you think your child is experiencing a medical emergency, call 9-1-1 right away.

McMaster
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