# Managing Childhood Illnesses

This playbook outlines steps for managing common illnesses in children, including preventive measures and guidance on when to seek professional medical attention.

### Step 1: Prevention

Encourage regular handwashing, good nutrition, vaccinations, and adequate sleep to minimize the risk of common illnesses.

### Step 2: Recognition

Learn the symptoms of typical childhood illnesses such as colds, flu, ear infections, and stomach viruses to promptly recognize when your child is unwell.

### Step 3: Home Care

Provide appropriate home remedies such as rest, hydration, and over-the-counter medication for fever and pain, following the recommended dosage for your child's age and weight.

### Step 4: Monitor Symptoms

Keep a close watch on the symptoms and maintain a log if necessary, noting any changes in frequency, severity, or the development of new symptoms.

### Step 5: Consult Healthcare

If symptoms persist, worsen, or if the child is very young, immune-compromised, or has preexisting health conditions, promptly contact a healthcare provider.

### Step 6: Emergency Care

Seek immediate medical attention if your child experiences severe symptoms such as difficulty breathing, prolonged fever, rash, lethargy, or if they appear dehydrated.

### Step 7: Follow Up

After an illness, ensure that the child has fully recovered before resuming normal activities, and follow up with a healthcare provider if recommended.

## General Notes

### When to Vaccinate

Consult your pediatrician for a vaccination schedule appropriate for your child's age and health status.

### Sanitation

Maintain cleanliness in the home and teach children about the importance of good hygiene to prevent the spread of infection.

### Medication Safety

Always store medication out of reach of children and never exceed the recommended dose without consulting a healthcare professional.