

# 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.

