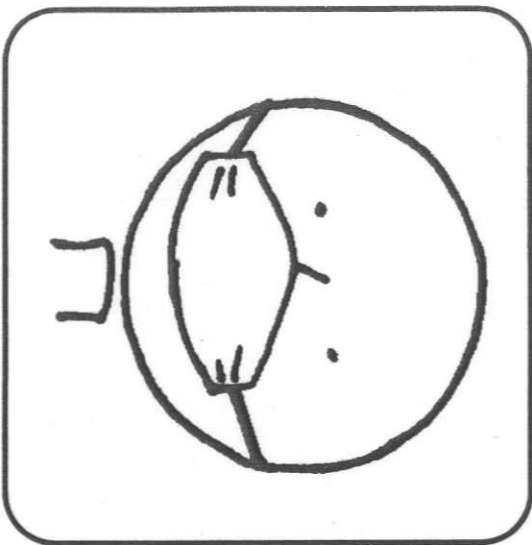


When you are at a clinic or hospital:

- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket.
- Clean your hands with soap and water or an alcohol-based hand cleaner.



- You may also be asked to wear a mask to protect others.

* Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.



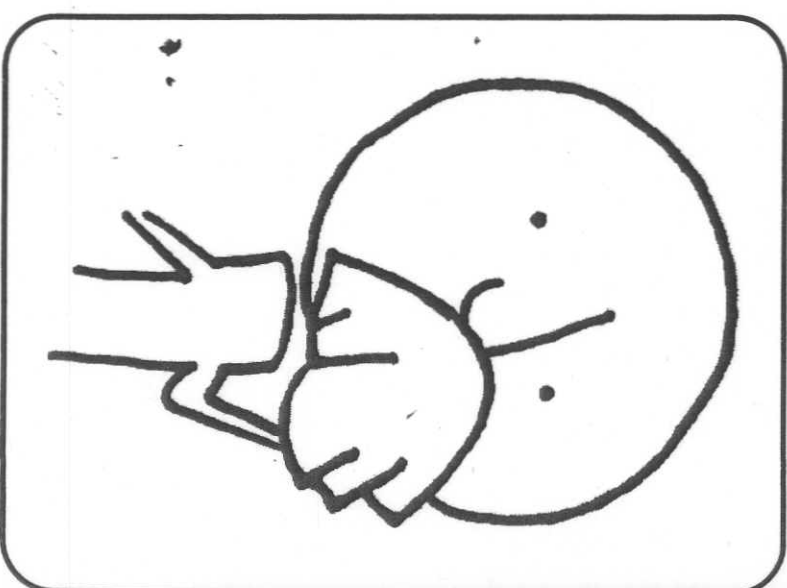
Providence | Health System

A caring difference you can feel



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

Cover your cough

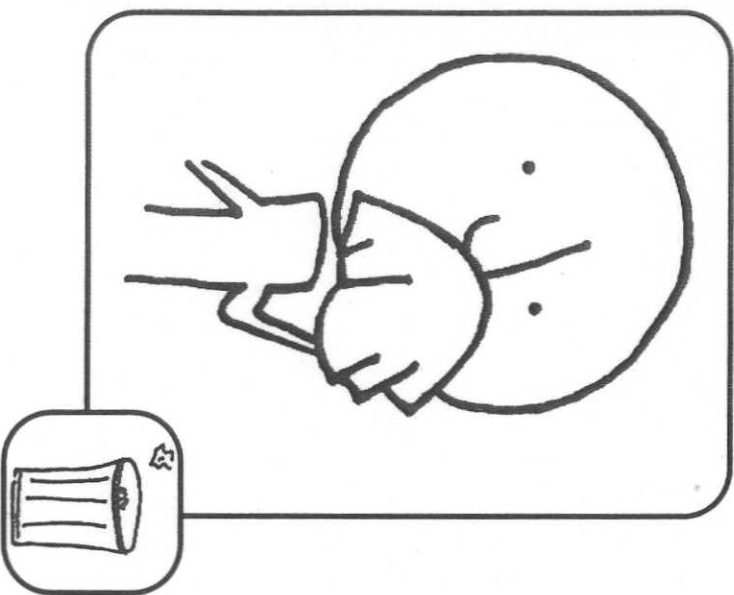


www.providence.org/oregon

Why should I cover my cough?

- Serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough and Severe Acute Respiratory Syndrome (SARS) are spread by:
 - Coughing or sneezing
 - Unclean hands

• These illnesses spread easily in crowded places where people are in close contact.



How do I stop the spread of germs if I am sick?

- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.
- If you don't have a tissue, sneeze or cough into your sleeve.

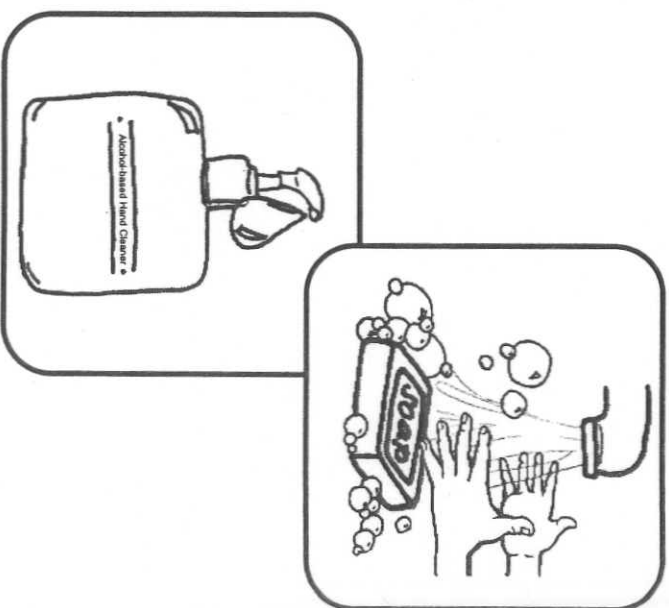


- After coughing or sneezing, always clean your hands with soap & water or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.

How can I stay healthy?

- Clean your hands often with soap and water or an alcohol-based hand cleaner.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick, if possible.

• Get vaccinated! Influenza (flu) and pneumococcal (pneumonia) vaccines can prevent some serious respiratory illnesses.



How to Help When a Child Has a Fever

Having a sick child is never easy. The people of Providence want to help you care for your children in the right place. Some illnesses may require a trip to a doctor or a hospital. Other illnesses can be treated best at home.

Here are some resources to use when your child gets a fever. This kit contains:

1. A digital thermometer
2. Acetaminophen (Tylenol®) and
3. An acetaminophen dosage chart

What is a fever?

A fever is the increase of the body's normal temperature. In most children, normal body temperature is between 97.4 and 100.2°F (36.3 and 37.9 Celsius). Fevers can last for a short, specific period of time. Or, fevers can come back once in a while over a longer period. When fevers are present, the body is telling its immune system to fight bacteria and viruses. Even though fevers can be upsetting, they may actually help the body heal. Treating fevers help make a child more comfortable, so that they can drink fluids and be more active.

Does your child have a fever?

A correct temperature reading is helpful to determine if your child is sick. If you think that your child has a fever, there are three ways to find out your child's true temperature. You can take an oral temperature, you can take a temperature under the arm (axillary) or you can take a rectal temperature. Speak to your doctor to see which method is best for you. Here's how to find out your child's true temperature:

Take an oral temperature (best for older, more cooperative children)

1. Place the thermometer below your child's tongue
2. Have your child close his or her lips
3. Hold the thermometer in place until it beeps
4. Take the thermometer out
5. Read the digital display
6. A Normal oral temperature is between 97.4 and 100.2 degrees
7. Clean the thermometer with cool soapy water, and then rinse it before putting it away

Take an under-arm temperature

1. Hold your child's elbow
2. Gently lift your child's arm away from his or her side
3. Place the tip of the thermometer in your child's armpit
4. Be sure that all sides of the thermometer directly touch your child's skin
5. Lower the arm over the thermometer
6. Keep the thermometer in place
7. Wait for the thermometer to beep
8. Take the thermometer from under the arm
9. Read the digital display
10. Normal under the arm temperature is between from 97.4°F and 99.4°F
11. Clean the thermometer with cool soapy water and then rinse it before putting it away

Take a rectal temperature

1. Place a small amount of petroleum jelly on the tip of the thermometer
2. Lay your child on his or her back on a firm surface, or, place your baby face down on your lap
3. Hold him or her securely to prevent moving
4. Hold your baby's ankles and lift both legs, like you are changing a diaper
5. Use one hand to part the baby's bottom; use the other hand to hold the thermometer
6. Gently slip the tip of the thermometer into the rectum. Never slip the thermometer farther than ½ inch
7. Hold the thermometer in place until it beeps
8. Slide the thermometer out
9. Read the digital display

10. Normal rectal temperature is between 97.4°F and 100.2°F.

11. Clean the thermometer with cool soapy water, and then rinse it before putting it away

What to do if your child has a fever

If you find that your child has a fever, here are steps you can take to lower the fever and help your child feel better faster:

Try home remedies

Offer liquids. Fevers tend to take away needed water from our bodies. Without the right amount of water, our body temperature gets even higher. Offer your child plenty of liquid to help reduce a fever. Give small amounts of liquid, especially if your child has an upset stomach.

Know your child's perceived body temperature. If your child is old enough to choose his or her clothing, let your child be the judge of what to wear. If your child is too young to choose his or her clothing and warmth needs, look for noticeable body temperature signs. If your child is sweating or flushed, remove some clothing and blankets. If your child is shivering and looks pale, add some clothes and blankets.

Give a lukewarm sponge bath. Place your child in a bathtub and sponge him or her with lukewarm water. If your child is uncomfortable or is shivering, stop the sponge bath and take him or her out of the bath.

Try over-the-counter medications

Tylenol® (or its generic equivalent, acetaminophen) is an over-the-counter medicine that can help reduce a fever. We have included a sample bottle of Children's Tylenol 160mg/5ml in this packet. We have also included a dosage chart, which tells how much Tylenol to give your child based on your child's age and weight. If you use a different over-the-counter medicine, read the package label to find out the right amount of medicine to give your child. If your child is under the age of 2, consult a doctor or pharmacist before giving any medicines.

Give medicine when your child is awake. There is no need to wake a sleeping child to give him or her medicine.

Don't use acetaminophen and ibuprofen. Errors occur more often when both medications are used. Use only one medication unless your doctor recommends that you use both.

When you should call your child's doctor

A fever itself will not harm your child and does not necessarily require treatment. However, there are times when you should take your child to the doctor. Here are some signs to look for to help determine if a doctor should see your child:

- Your child is under 3 months of age and has a temperature of or higher than 100.2
- Your child is more lethargic (limp and sleepy) and/or more irritable than normal
- Your child has had the fever for three or more days
- Your child also has a sore throat, ear pain, abdominal pain, headache, stiff neck, rash or pain when urinating
- Your child is drinking less fluid than usual and has had fewer than four wet diapers in the past 24 hours or two urinations during waking hours
- Your child is having trouble breathing, with or without a fever

You're not alone. Providence is here to help

If you are a Providence Health Plan member, call the 24-hour RN Medical Advice Line for confidential, medical advice. The telephone number is located on the back of your member identification card. When you call, provide your member identification number located on the front of your member identification card.

If you are not a Providence Health Plan member, visit the Providence Health Plan Web site for general medical information and advice at www.providence.org/healthlibrary

Acetaminophen (Tylenol®) Dosing for Infants and Children

Weight (pounds)	Weight (kg)	Dose (mg)	Infant Concentrated (80 mg/0.8 ml)	Children's Suspension (160 mg/5 ml)	Children's Meltaways (80 mg each)	Jr. Tylenol Meltaways (160 mg each)	Adult Tylenol®
6-11 lbs	3-5 kg	40 mg	1/2 dropper	1/4 tsp - 1.25 ml			
12-17 lbs	6-7 kg	80 mg	1 dropper	1/2 tsp - 2.5 ml	1 tablet		
18-23 lbs	8-10 kg	120 mg	1-1/2 droppers	3/4 tsp - 3.75 ml			
24-35 lbs	11-15 kg	160 mg	2 droppers	1 tsp - 5 ml	2 tablets	1 tablet	
36-47 lbs	16-21 kg	240 mg	3 droppers	1-1/2 tsp - 7.5 ml	3 tablets	1-1/2 tablets	
48-59 lbs	22-27 kg	320 mg		2 tsp - 10 ml	4 tablets	2 tablets	1 tablet
60-71 lbs	28-32 kg	400 mg		2-1/2 tsp or 12.5 ml	5 tablets	2-1/2 tablets	
72-95 lbs	33-43 kg	480 mg		3 tsp - 15 ml	6 tablets	3 tablets	
More than 95 lbs	More than 43 kg	640 mg				4 tablets	2 tablets

For more information, visit us at www.providence.org/children



Emergency Department
503-216-2361

Ibuprofen (Motrin®) Dosing for Infants and Children

Weight (pounds)	Weight (kg)	Dose (mg)	Infant Motrin® Drops (40 mg/1 ml)	Children's Motrin® Suspension (100 mg/5 ml)	Children's Motrin® Chewable (50 mg each)	Jr. Strength Motrin® Chewable (100 mg each)
Not recommended for Infants under 12 lbs/6 kg						
12-17 lbs	6-7 kg	50 mg	1 dropper			
18-23 lbs	8-10 kg	75 mg	1-1/2 droppers	3.75 ml		
24-35 lbs	11-15 kg	100 mg		1 tsp or 5 ml	2 tablets	1 tablet
36-47 lbs	16-21 kg	150 mg		1-1/2 tsp or 7.5 ml	3 tablets	1-1/2 tablets
48-59 lbs	22-27 kg	200 mg		2 tsp or 10 ml	4 tablets	2 tablets
60-71 lbs	28-32 kg	250 mg		2-1/2 tsp or 12.5 ml		2-1/2 tablets
72-95 lbs	33-43 kg	300 mg		3 tsp or 15 ml		3 tablets
More than 95 lbs	More than 43 kg	400 mg				4 tablets

For more information, visit us at www.providence.org/children



Source: Providence St. Vincent Medical Center, Portland, OR.