## Contents

### SICK AND INJURED CHILD
- Forms: 5
- SICC-P Steps: 12
- Taking Your Child’s Temperature: 15
- Emergency: 20
- Doctor’s Appointment: 28
- Caring for your Child at Home: 35

### PREVENTION
- Hygiene: 45
- Feeding: 51
- Exercise: 58
- Wellness: 59
- Shaken Baby Syndrome: 62
- Sudden Infant Death Syndrome (SIDS): 63

### SYMPTOM & ILLNESS GUIDE
- 64
## SICC-P Steps

### What should I do if my child seems sick or injured?

<table>
<thead>
<tr>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td><img src="image2.png" alt="Image" /></td>
<td><img src="image3.png" alt="Image" /></td>
</tr>
<tr>
<td>What do you notice is different about your child? See next page.</td>
<td>Decide if you should call 911 or go to the hospital. Look at the “When to Call 911” for help.</td>
<td>Check your child for other signs of illness or injury.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Step 4</th>
<th>Step 5</th>
<th>Step 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image4.png" alt="Image" /></td>
<td><img src="image5.png" alt="Image" /></td>
<td><img src="image6.png" alt="Image" /></td>
</tr>
<tr>
<td>If this is not an emergency, decide if you should call the doctor. Check the “Symptom &amp; Illness Guide” for help.</td>
<td>Follow the doctor’s directions or the information in the “Symptom &amp; Illness Guide”.</td>
<td>Check on your child to make sure he is not staying sick or getting sicker.</td>
</tr>
</tbody>
</table>

### Remember!
If you are worried about any changes or symptoms, call the doctor or go to the hospital. You should always trust your instincts.
# Call 911 or go to the hospital if your child...

<table>
<thead>
<tr>
<th>Scenario</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is unconscious</td>
<td>(limp or floppy, not moving, can’t wake up)</td>
</tr>
<tr>
<td>Is very dehydrated</td>
<td>(has sunken eyes and no tears; wrinkly, dry skin; and has very little urine)</td>
</tr>
<tr>
<td>Is 3 months or younger and has a rectal temperature above 102°F</td>
<td></td>
</tr>
<tr>
<td>Is older than 3 months and has a high fever (mouth temperature above 103°) and a very stiff neck</td>
<td></td>
</tr>
</tbody>
</table>
Call 911 or go to the hospital if your child...

Has had a serious injury to the head

And 1 or more of these 7 symptoms:

- Has blood or fluid coming from the nose, ear, or mouth
- Has trouble breathing (short of breath)
- Is dizzy
- Vomits more than 2 times
- Is very sleepy
- Has a problem with talking or seeing
- Has a seizure
- Moves her bowels or urinates when she doesn’t mean to
- Is unconscious (limp or floppy, not moving, can’t wake up)
Call 911 or go to the hospital if your child...

- Has a headache with forceful vomiting and/or neck pain
- Got a chemical in the eye
- Has something stuck in the eyeball
- Has blood in the eye or coming out of the eye
Call 911 or go to the hospital if your child...

- May have a broken bone (has a hurt part that looks bent or is not shaped right)
- Is bleeding and you can’t stop it
- Is weak or dizzy from losing blood
- Has a neck or back injury

These are only some of the possible emergencies a child can have.

If you think something is an emergency, find help immediately.

Trust your instincts!
Hygiene

Handwashing can keep you and your child healthy. It is the best way to stop germs!

When should we wash our hands?

**Before:**
- Eating
- Cooking
- Caring for an infant or toddler

**After:**
- Going to the bathroom
- Being outside
- Being around a sick person
- Being around animals
- Coughing, sneezing, blowing your nose
- Taking out trash
**How do we wash our hands?**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Turn on water. It should be warm but not too hot!</td>
<td>Wet hands.</td>
<td>Use soap.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Rub hands for 20 seconds, or how long it takes to sing the ABCs.</td>
<td>Rinse hands.</td>
<td>Dry hands.</td>
</tr>
</tbody>
</table>

**Hand Sanitizer**

You can use hand sanitizers like Purell® sometimes.

**When do we use hand sanitizer?**

- Use hand sanitizer when the hands are not too dirty.
- Use soap and water if you can see a lot of dirt on the hands.
How do we use hand sanitizer?

**Step 1.**
Put sanitizer on hands (about the size of a quarter).

**Step 2.**
Rub hands together, between fingers, under the nails, and up the wrists too.

**BE CAREFUL!**
- Hand sanitizer is poisonous. It can make your child sick if swallowed. It will also burn the eyes, nose, and mouth.
- Hand sanitizer will hurt open cuts!

Bathing
It is important for you and your child to stay clean. Make bathing a fun routine!

**When do I give my child a bath?**
- Bathe your baby 2 or 3 times a week, at the same time each day.
- Older children can take a bath every day.
- Wash your child’s hair 1 or 2 times a week unless your child sweats a lot. Then you may need to wash it more.
Find the section of the body that covers your child’s problem

Headache, Page 77
Head Injury, Page 80
Cradle Cap, Page 83
Lice, Page 84
Cold, Page 96

Earache, Page 92
Nosebleed, Page 94

Cough, Page 106
Croup, Page 109
Asthma, Page 102
Lung Infection, Page 104

Diaper Rash, Page 134
Pinworm, Page 123

Eye Injury, Page 88
Something in Eye, Page 88
Pinkeye, Page 86

Sore Throat, Page 111
Vomiting, Page 113
Impetigo, Page 130

Stomachache, Page 116
Constipation, Page 120
Diarrhea, Page 117
Illnesses and Injuries that Effect the Whole Body

- Fever
  Page 68
- Dehydration
  Page 71
- Poisoning
  Page 75
- Convulsions and Seizures
  Page 76
- Flu
  Page 99

Illnesses and Injuries Can Be Anywhere on the Body

- Burn, Page 124
- Sunburn, Page 127
- Eczema, Page 129
- Poison Ivy, Oak, Sumac, Page 131
- Bug Bites and Stings, Page 136
- Animal Bites/Scratches, Page 139
- Cuts, Scrapes, Page 141
- Splinters, Page 144
- Strains, Sprains, Dislocations, Broken Bones, Page 146
Possible Signs Your Baby Has...

Severe dehydration

- Few or no tears when crying
- Dry mouth
- No urine for 8-10 hours

Call 911 or go to the hospital if your infant has signs of severe dehydration.
Call the doctor if your infant has signs of mild to moderate dehydration.

Mild to moderate dehydration

- Soft spot on the head is flat
- Few or no tears when crying
- Dry mouth
- No wet diaper in 4-6 hours or only a small amount of urine
Possible Signs Your Child Has...

Severe dehydration

- Very dry mouth
- No urine for more than 12 hours
- Dry, wrinkled, or doughy skin on the belly, arms, and legs
- Seems limp or weak
- Muscle cramps

Call 911 or go to the hospital if your child has signs of severe dehydration.
### Possible Signs Your Child Has...

#### Dehydration

<table>
<thead>
<tr>
<th>Mild to moderate dehydration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry mouth</td>
</tr>
<tr>
<td>Few or no tears when crying</td>
</tr>
<tr>
<td>No urine for 8-10 hours</td>
</tr>
</tbody>
</table>

Call the doctor if your child has signs of mild to moderate dehydration.

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### To Care at Home:

- **Give** your child a few sips of water every 5 minutes. Do not give water to a baby younger than 12 months. It can make them sicker.

- **Give 1-2 teaspoons of an oral rehydration solution**, like Pedialyte, every 5 minutes.