

Health Manual

Caring for Your Child's Health

SAMPLE

*This information is for educational purposes only.
For specific advice, diagnosis, or treatment, talk to your child's doctor.*



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Fifth Edition: Shanley Chatham

The Health Manual's contents were reviewed by two pediatricians for accuracy and consistency with current American Academy of Pediatrics and other professional guidelines and standards.

Fourth Edition: Binder, Edwards, Shanley (October 2011)

Third Edition: Binder, Lutzker, Izso (November 2007)

Second Edition: Baggett, Bigelow, Carta, Peterson, & Shore (May 2004)

First Edition: Adapted from Project SAFECARE (Taub, 1996)

SAMPLE

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The purpose of the SafeCare® Health Manual is to help you keep your child well and to help you when your child is sick or injured. ***This information is for educational purposes only and not for specific advice, diagnosis, or treatment.***

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SAMPLE

SICK OR INJURED CHILD

SAMPLE

Phone Numbers and Child Information

Emergency Numbers

Emergency Services: 911

Poison Control Center: 1-800-222-1222

24-Hour Nurse Hotline: _____

Name of Doctor: _____ Number: _____

Name of Dentist: _____ Number: _____

Name of Pharmacy: _____ Number: _____

Insurance Information

Health Insurance Company: _____

Type of Health Plan: _____ Policy #: _____

Family Contact Information

Home Phone Number: _____

Mom's Work: _____ Dad's Work: _____

Mom's Cell: _____ Dad's Cell: _____

Emergency Contact: _____

Relationship: _____ Number: _____

Child Information

Name:
Birth Date:
Medications:
Allergies:

Name:
Birth Date:
Medications:
Allergies:

Name:
Birth Date:
Medications:
Allergies:

Name:
Birth Date:
Medications:
Allergies:

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Allergies:

Name:
Birth Date:
Medications:
Allergies:

Supplies Checklist

Keep supplies on hand so you can care for minor illnesses and injuries at home. Below is a list of recommended items that you may want to have. **Keep them stored in a safe place that your child cannot reach or open.**

NEED	HAVE	SUPPLIES
_____	_____	Digital thermometer
_____	_____	Tweezers
_____	_____	Medicine dropper for giving medicine
_____	_____	Spoon tube for giving medicine
_____	_____	Cotton swabs
_____	_____	Band aids
_____	_____	Water-soluble lubricating jelly, like K-Y® Jelly (for use with rectal temperatures when advised)
_____	_____	Petroleum jelly, like Vaseline® (for use with rectal temperatures when advised)

SKIN MEDICINES

_____	_____	Diaper rash cream, like Desitin®
_____	_____	Dry skin cream or lotion
_____	_____	Aloe Vera cream (for sunburns)
_____	_____	Calamine lotion (for rashes, poison ivy, minor grazes, etc.)
		<i>Note: Do not put on face or genitals</i>
_____	_____	Antibiotic ointment
_____	_____	Hydrocortisone cream
_____	_____	Rubbing (Isopropyl) alcohol

MEDICINES

_____	_____	Children’s acetaminophen or ibuprofen, Tylenol® or Motrin®
_____	_____	Children’s antihistamine, like Benadryl®

Medication Cautions

- Ø Never give medicines meant for adults
- Ø Never give medicines to a child under 2 unless instructed by your doctor or pharmacist
- Ø Never give aspirin to a child under 16 unless instructed by your doctor or pharmacist
- Ø Always check with your doctor or pharmacist before given more than one kind of medicine at a time

Health Recording Chart

On the next page you will find a blank Health Recording Chart. The Health Recording Chart helps you track what symptoms your child has, any recommendations you receive from your child's doctor, and what you have done to care for your child.

For **emergency** situations, fill out the chart *after* you take your child to the emergency. You can use this form to make notes about the doctor's recommendations. It also makes caring for your child at home easier because it helps you have all the information you need in one place, and helps you to know when to check back in with your child.

For **non-emergency** (doctor's appointment and caring for your child at home), fill out the chart *after* you decide your child's symptoms are not an emergency. This chart helps with giving important information to your doctor. Take this form with you to your child's doctor appointment to inform the doctor about what you have done to care for your child and to make notes about the doctor's recommendations. It also makes caring for your child at home easier because it helps you have all the information you need in one place, and helps you to know when to check back in with your child.

The chart has places for you to write:

- General information about your child
- Information about your child's illness or injury
- Medications or treatments you gave
- Treatment suggestions from the Health Manual or from your nurse or doctor

Each time you check your child's symptoms you can complete a new follow-up box on the Health Recording Chart, so you can better understand if your child is getting better or not. By using this chart, you will have a good record of your child's illnesses. Once the page is filled out, put it in a notebook, so you can keep it as part of your child's health records.

You can make extra copies of the chart or ask your provider for several copies. Keep these charts where they will be easy to find if your child is ill.

You do not need to memorize what is on this chart. You just need to remember to use it.