



What To Do If Your Child Is Sick

If you have questions regarding your child's symptoms, Henry Ford Health System has the MyCare Advice Line, which provides non-emergency medical advice for no charge. You can speak to a registered nurse, review your child's symptoms and get recommendations for care. This line is available 24/7 at (844) 262-1949.

You can also schedule a virtual visit or e-visit and talk directly with your child's physician.

Important: Due to the current pandemic, we DO NOT want you to go to a walk-in clinic, urgent care or ER unannounced. Please call ahead.

Are my child's symptoms COVID-19?

Symptoms of COVID-19 can range from mild to severe respiratory symptoms and can include:

- Fever (greater than or equal to 100.5°F)
- Cough
- Shortness of breath

Children with COVID-19 may have no symptoms. They may have fever, dry cough, and fatigue, with congestion and runny nose. Some patients have GI symptoms including vomiting, abdominal discomfort or pain, nausea and diarrhea.

If you have concerns that you or your child could have been exposed to someone who has COVID-19, call your physician to discuss next steps. **With mild respiratory symptoms after possible exposure we recommend staying home and avoiding going out in public.**

If your child's symptoms worsen (difficulty in breathing, bluish lips, significant change in behavior) call 911.

The American Academy of Pediatrics agrees with the World Health Organization about the use of ibuprofen during the COVID-19 pandemic. Right now, there is not enough evidence to recommend you avoid using ibuprofen, unless you have an underlying medical condition that makes ibuprofen less safe. Using acetaminophen is a reasonable and safe option. In children, the goal should be to improve their overall comfort, monitor their activity, look for signs of serious illness, and make sure they drink enough liquids.

How To Treat Common Issues At Home

Fever: Can be treated with over-the-counter pain reliever. Acetaminophen every 4-6 hours as needed, no more than 5 doses in 24 hours. If fever is not responding to medication or has not resolved over 72 hours consult your physician. You may also want to consult your physician if fever is greater than 102°F.

Sore throat: Acetaminophen can be used for pain relief. For older children, gargling with warm salt-water can provide temporary relief. To make salt-water: Combine 1 teaspoon of table salt in at least 8 ounces of warm water. If pain is worsening, contact your child's physician.

Ear pain: If pain is persistent and not responding to pain reliever, contact your physician. With a virtual visit a physician may choose to treat with a prescription medication, such as an antibiotic.

Common cold: Antibiotics are not used to treat a common cold. For minor cold symptoms, such as an occasional cough, nasal congestion, and mild fever, over-the-counter pain reliever may be used to treat the fever. A cool mist vaporizer and saline with nasal suction can be used to treat congestion.