

Symptoms	Call with Questions	Call to be Seen	Seek Emergency Care
<b>Colds or Breathing Issues</b>	Nasal discharge lasting less than 2 weeks, even if thick or colored	Breathing faster than normal, belly breathing, or nostril flaring	Fast breathing (more than 50-60 breaths per minute consistently)
	Chest rattle, hoarse cough, or noisy breathing without other signs of breathing difficulty	High-pitched whistle with breathing (stridor) often associated with a barking "seal" cough	Retracting or sucking in at notch of neck or ribs, nostril flaring, belly breathing
	Coughing that causes vomiting of mucus or food	Asthmatic child who does not improve after rescue inhaler	Unable to finish a sentence or very breathless with speech
	Irregular breathing in an infant less than 1 month (rapid periods followed by pauses)		Pausing of breathing in a newborn 20 seconds+, particularly with color changes (blue, purple, gray)

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<b>Gastro-intestinal issues</b>  <i>(Stomach, Stool, Urination, etc.)</i>	Diarrhea lasting up to 2-3 weeks or diarrhea-related diaper rash	Vomiting more than 3 days or with occasional bilious/blood streaks	Blood/black diarrhea
	Slightly less saturated diapers but not less than ½ the usual number	Constant mild abdominal pain or more severe pain coming and going	Vomiting all intake after every feed/drink
	Low appetite/poor solids intake, but still drinking some	Drinking a little less than usual	No urination for more than 8 hours, no tears when crying, or a very dry mouth
	Intermittent mild to moderate cramps or abdominal pain	Poor fluid Intake due to symptoms/not drinking and less than ½ usual diapers	Severe abdominal pain, particularly when moving around

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<b>Fever</b>	For infants <8weeks old: Temp. of 99-100 lasting less than 3 days	Temp. 101-103 for 3-5 days or greater than 104 (if child is 4 months+)	Temp. greater than 100.4 or less than 97 in baby less than 8 weeks old
	Fever not totally resolving after taking Tylenol or Motrin or coming back repeatedly	Recurrence of fever after multiple days of illness without fever	Fever with neck pain or difficulty moving neck

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<b>Falls, Bumps, Head Injury</b>	Cried immediately & easily consolable	Lump on head greater than 2 inches or laceration on scalp	Vomiting/passing out after a fall or persistent headache hours later
	For infants: normal spit up after a fall (NOT more volume or more frequent than normal)	Growing lump, particularly over temple area	Altered mental status - unusual or increasing sleepiness, slurred speech or loss of coordination
	Minor scrapes/cuts that stop bleeding after a few minutes or a lump on the head/forehead less than 2 inches	Wide abrasions or cuts that continue to bleed after 5 minutes of firm pressure	Significant irritability, difficult to console after the initial shock of the fall
	Baby or child is tired at their normal nap time	Fall from 3+ feet without loss of consciousness	Not moving arms or legs normally after calming

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<b>Mood</b>	Mildly whiny, irritable, wants to be held more (without any other symptoms)	Change in mood or disposition lasting more than 5 days	So lethargic they are unable to lift head or walk to the bathroom
	Slightly less playful than usual, preferring to lay on the couch, be held, or have screen time	Sleeping or napping more than usual	Unable to arouse with voice or touch or infant unable to wake for feeds
	Sleeping or napping more than usual, but acting normally when awake	Not acting normally when awake (i.e. refusing preferred activities)	Confusion or mental status change
	Toddler crying for up to 45 minutes with pauses when distracted or seeking attention		Toddler crying over 30-45 minutes inconsolable, even with distraction Infant crying over 35 minutes even with holding and feeding

**North Star After Hours Pediatric Line: (802) 886-8900**

**EMERGENCY NEEDS:**

**Allergic Reactions:** facial swelling, hives, loss of consciousness, trouble breathing. If prescribed, administer epinephrine and call 911.

**Falls or accidents resulting in unconsciousness, bones outside of skin:** Call 911 or visit nearest emergency department

**Poison control** # 1-800-222-1222