



SafeCare® Health Manual

Caring for Your Child's Health

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

October 2011
Fourth Edition: Binder, Edwards, Shanley

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

Table of Contents

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

SICK AND INJURED CHILD

Forms

| | |
|---|-----|
| Phone Numbers and Child Information | 5 |
| Supplies Checklist..... | 6 |
| Health Recording Chart..... | 7-8 |

Sick & Injured Child Chart-Parent (SICC-P) Steps

| | |
|--|-------|
| SICC-P Steps | 9 |
| Sick & Injured Child Chart-Parent (SICC-P) | 10 |
| Taking Your Child's Temperature..... | 11-12 |

Emergency

| | |
|------------------------------------|-------|
| When to Call 911 or Go to ER | 13-15 |
|------------------------------------|-------|

Doctor's Appointment

| | |
|--|-------|
| When to Call the Doctor's Office or Nurse Hotline | 16-20 |
| Talking to the Doctor's Office or Nurse Hotline about Your Sick or Injured Child | 21 |

Caring for Your Child at Home

| | |
|--|-------|
| How to Comfort Your Child | 22 |
| Planning for Sick Days | 23 |
| When to Keep Sick or Injured Children Home from School/Daycare | 24-25 |
| Giving Your Child Medicine | 26-28 |

PREVENTION

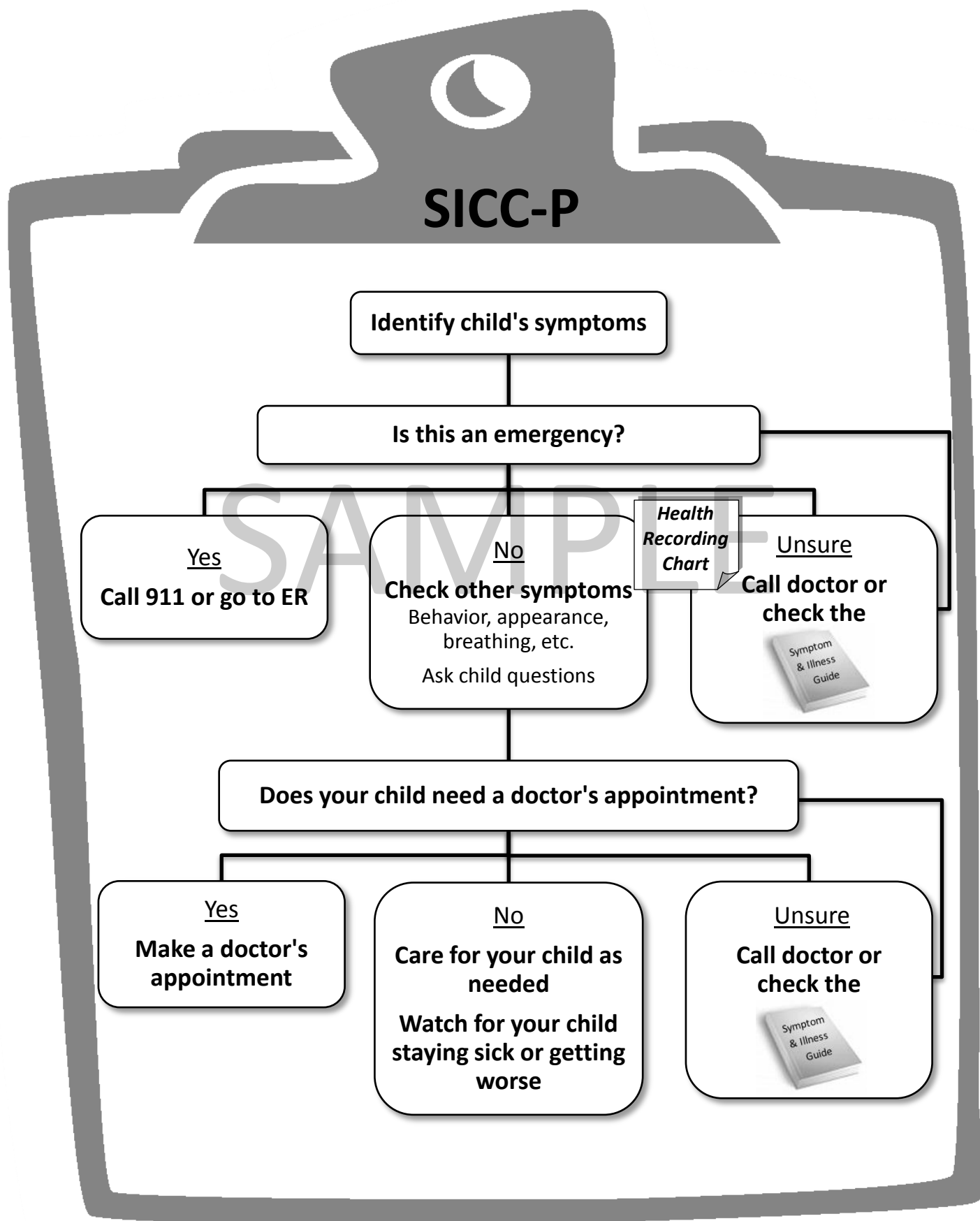
| | |
|--|-------|
| Hygiene | 30-32 |
| Nutrition..... | 33-36 |
| Exercise | 37 |
| Regular Medical Checkups and Immunizations | 38-39 |
| Preventing Shaken Baby Syndrome | 40 |
| Sleep Safety and SIDS Prevention | 41-42 |

SYMPTOM & ILLNESS GUIDE

| | |
|-------------------------|----|
| Table of Contents | 44 |
|-------------------------|----|

The Sick or Injured Child Chart – Parent

Steps to take when your child is sick or injured



Emergency

When to Call 911 or Go to the Emergency Room

If your child seems very sick or injured or is having very bad health problems, call 911 or go to ER. If the illness or injury is potentially life-threatening, call an ambulance IMMEDIATELY

General Symptoms Needing Emergency Care

Call 911 or take your child to the nearest emergency room, if your child:

- Is **unconscious**—he is limp, not moving, can't wake up
- Has a **high fever** (rectal temperature of 104° in a child older than 3 months) and a **very stiff neck**
- Has a **rectal temperature above 102°** and is **younger than 3 months**
- Is **severely dehydrated**—he has symptoms like very little urine, sunken eyes and no tears, and wrinkly, dry skin
- May have eaten **something poisonous**—possibility if the child is acting strange, is very drowsy or very active, has passed out, is vomiting or having diarrhea, smells strange, or has something odd on mouth or fingers
- Is **choking** and can't cough—his face or lips may be **turning blue**
- Has **stopped breathing or is having trouble breathing**
- Had a **major injury** and has serious symptoms

Allergies

Call 911, or take your child to the nearest emergency room, if your child:

- Has been stung by an insect and has **hives (round, raised areas all over his body), trouble breathing, or swollen mouth, lips, tongue, or throat**
- Has just eaten and has **hives (round, raised areas all over his body), trouble breathing, or swollen mouth, lips, tongue, or throat**

Bites and Stings

Call 911, or take your child to the nearest emergency room, if your child

- Has been **badly bitten by an animal**
- Has been **stung by an insect and is having an allergic reaction**. He has hives (round, raised, red, itchy areas on the skin), or has trouble breathing, or has a swollen mouth, lips, tongue, or throat

Breathing

Call 911, or take your child to the nearest emergency room, if your child

- Has **stopped breathing or is having a very hard time breathing**. Has symptoms like being too short of breath to talk, or has bluish or gray fingernails or lips

- Is making a **loud noise when he breathes in and is drooling or having trouble swallowing his saliva**

Convulsions or Seizures

Call 911, or take your child to the nearest emergency room, if your child

- Is **having convulsions**---falling to the ground, his body jerking and shaking--- and he never had them before and the convulsion is not a febrile seizure. A febrile seizure is a seizure that happens in a child who is 6 months to 5 years, with a temperature above 102°.
- Had a **head injury** and is having a convulsion

Eyes

Call 911, or take your child to the nearest emergency room, if your child

- Has **something stuck in the eyeball**
- Has **blood** in the eye
- Got a **chemical** in the eye
- Had an **injury** and has serious symptoms:
 - Can't see well or has double vision
 - Can't move his eyes like usual
 - The eyeball shape looks different

Headache

Call 911, or take your child to the nearest emergency room, if your child

- Has **other serious symptoms** with the headache, like is less alert or having serious vomiting or neck pain
- Has had a serious **injury** to the head

Injuries

Call 911, or take your child to the nearest emergency room, if your child

- Has a **big burn** or a **burn that has turned the skin white or has charred the skin**
- Is burned on his **face, scalp, hands, joint surfaces, or genitals**
- Has an **electric** or **chemical** burn
- Has a **body part that is partly or fully cut off**
- Is **bleeding** and it won't stop
- Has a **head injury** and has other symptoms:
 - Is unconscious or confused
 - Is not breathing in the usual way
 - Has blood or clear fluid coming from his nose, ear, or mouth
 - Has a problem with talking or seeing
 - Is weak or not able to move part of his body that is not injured
 - Is dizzy
 - Has a seizure
 - Vomits more than 2 times
 - Moves his bowels or urinates when he doesn't mean to

- Has a **neck or back** injury. He feels pain in the back or neck. Or he is feeling "pins and needles" below the injury. **DO NOT MOVE THE CHILD. CALL 911**
- May have a **broken bone**. He can't move the part that hurts. Or he has a hurt part that looks bent or is not shaped right. Or can't walk on the hurt leg or can take only a few steps
- May have a **dislocation**. His shoulder, elbow, wrist, hip, ankle, or knee looks strange and swollen. The joint seems out of place and is painful and can't move

Intestinal

Call 911, or take your child to the nearest emergency room, if your child

- Has **stomach pain or vomiting** and seems very sick
- Has a **fever and cannot stop vomiting**
- **Vomits blood**

Nosebleed

Call 911, or take your child to the nearest emergency room, if your child

- Is **gushing blood**, or is weak or dizzy from losing blood
- Is **bleeding** and you can't stop it

Skin

Call 911, or take your child to the nearest emergency room, if your child

- Has a **rash** that came on suddenly and he is having trouble breathing or swallowing
- Has a **purple or blood-colored rash** and a fever

These are only some of the possible emergencies a child can have. If you think it is an emergency, seek help immediately!

Prevention

Hygiene

Hygiene is about keeping clean and stopping the spread of germs.

Hand washing

Hand washing is the #1 way to stop the spread of germs. The chance of getting the common cold and many more serious illnesses can be decreased by simply washing your hands.

When to wash your hands

- Before eating and cooking
- After using the toilet
- After cleaning a young child who has used the toilet
- After changing a baby's diaper
- Before caring for a toddler or infant
- After coming in from outside
- After visiting or caring for a sick person
- After playing with an animal
- After changing cat litter or cleaning a pet cage
- After coughing, sneezing, or blowing the nose
- After taking out the trash

How to wash your hands the right way

1. Turn on the water and put your hand in to make sure it isn't too hot for your child
2. Have your child wet his hands
3. Use enough soap to make good suds.
4. **Get your child rub his soapy hands together for 20 seconds, including in between the fingers, under the nails, and up to the wrists.**
 - To keep your child scrubbing for long enough, you can get them to **sing one verse of "Happy Birthday"** or recite the alphabet
5. **Rinse, dry well with a clean towel** and turn off the faucet with the towel

Using hand sanitizer

You can also use an alcohol-based hand sanitizer like Purell®. **Hand sanitizers work best when there is not a lot of dirt that can be seen on the hands.** If the hands look dirty, soap and water are best.

1. **Put enough hand sanitizer on your child's hands so they stay wet for about 10-15 seconds.** Depending on the size of your child's hands, this might be about the size of a quarter or less
2. Have him **rub his hands together**, including in between his fingers, under his nails, and up to his wrists
3. **Only let your child use a hand sanitizer if you are watching.** Make sure he doesn't touch his eyes, nose, or mouth with sanitizer on his hands

***Do not use sanitizer if your child has cuts on his hands. It will sting.**

SYMPTOM & ILLNESS GUIDE

Table of Contents

GENERAL SYMPTOMS

| | |
|-----------------|----|
| Crying | 45 |
| Dehydration | 46 |
| Fever | 48 |
| Itching | 50 |
| Poisoning | 51 |
| Failure to Grow | 52 |

ALLERGIES

| | |
|------------------------------------|----|
| Airborne, skin, food, insect sting | 53 |
|------------------------------------|----|

BITES AND STINGS

| | |
|----------------------------|----|
| Animal Bites and Scratches | 55 |
| Bug Bites and Stings | 56 |

BREATHING PROBLEMS

| | |
|-------------------------------|----|
| Asthma | 58 |
| Colds | 59 |
| Cough | 61 |
| Croup | 63 |
| Flu | 64 |
| Lung Infections and Pneumonia | 65 |

CONVULSIONS AND SEIZURES

| | |
|--------------------------|----|
| Convulsions and Seizures | 66 |
|--------------------------|----|

EARS

| | |
|---------|----|
| Earache | 67 |
|---------|----|

EYES

| | |
|---------------------------------|----|
| Eye Injury/Something in the eye | 68 |
| Pinkeye (Conjunctivitis) | 70 |

HEAD

| | |
|---------------|----|
| Headache | 71 |
| Head Injuries | 76 |

INJURIES

| | |
|------------------------------------|----|
| Animal Bites and Scratches | 55 |
| Broken Bones | 72 |
| Burn | 73 |
| Cuts and Scrapes | 75 |
| Eye Injury/Something in the eye | 68 |
| Head Injuries | 76 |
| Splinters | 78 |
| Strains, Sprains, and Dislocations | 79 |

INTESTINAL

| | |
|--------------|----|
| Constipation | 80 |
| Diarrhea | 81 |
| Stomachache | 82 |
| Vomiting | 84 |

NOSE

| | |
|-----------|----|
| Nosebleed | 86 |
|-----------|----|

SKIN AND HAIR

| | |
|----------------------------|----|
| Chicken Pox | 87 |
| Cradle Cap | 88 |
| Diaper Rash | 89 |
| Eczema | 90 |
| Impetigo (Skin Infection) | 91 |
| Lice | 92 |
| Pinworm | 93 |
| Poison Ivy, Oak, and Sumac | 94 |
| Rash | 96 |
| Sunburn | 97 |

THROAT

| | |
|--------------------|----|
| Sore Throat, Strep | 99 |
|--------------------|----|

Dehydration

What is dehydration?

Children become dehydrated if they don't drink enough to make up the fluids and salts they lose, especially if they have a fever (see "Fever"), have diarrhea (see "Diarrhea") or vomiting (see "Vomiting"), or are exercising hard.

Possible symptoms

Symptoms of dehydration can be different in infants from those in children.

Infant

Mild to moderate

- Dry mouth
- Dry eyes, few or no tears when crying
- Fussiness
- No wet diapers in 4-6 hours or only a very small amount of urine
- Dry, wrinkly, or doughy skin on the belly arms, and legs
- Soft spot on the head is flat
- Less urine than usual

Severe

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

Child

Mild to moderate

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

Severe

- Very dry mouth (looks sticky inside)
- No urine for more than 12 hours or only a small amount of very dark urine
- Dry, wrinkly, or doughy skin on the belly arms, and legs
- Seems weak or limp
- Muscle cramps

What to Do?

Call 911 or go to the emergency room if your child has signs of severe dehydration, with symptoms like very little urine, sunken eyes and no tears, and wrinkly, dry skin.

Continue to next page

Call the doctor's office or the nurse hotline if your child

- Has mild-to-moderate dehydration and is not drinking enough, even when you encourage him
- Has symptoms that are not improving

To care at home

- Check the sections in the Health Manual about other symptoms, like “Vomiting” and “Diarrhea” for some things you can do. For example, whether you keep giving your child formula depends on the cause of the dehydration
- If your child has mild-to-moderate dehydration and is able to drink, encourage him to slowly drink small amounts at a time, like a few sips every few minutes
- Give your baby about 1 to 2 teaspoons of an oral rehydration solution, like Pedialyte[®], Lytren[®], or Infalyte[®], every few minutes

SAMPLE

Health Recording Chart

Child's Name: _____

Age: _____

Approximate Weight: _____

Current Medications: _____

Allergies: _____

First Check

Date: _____

Time ____:____ AM PM

Temperature _____ (mouth, armpit, ear)

Fever? Yes / No

Symptoms _____

Medications (dosage)/Treatment Given

Checked Health Manual Symptom & Illness Guide? Yes / No

Called the Doctor? Yes* / No

Recommendations: _____

1st Follow-up

Date: _____

Time ____:____ AM PM

Temperature _____ (mouth, armpit, ear)

Fever? Yes / No

Symptoms _____

Medications (dosage)/Treatment Given

Checked Health Manual Symptom & Illness Guide? Yes / No

Called the Doctor? Yes* / No

Recommendations: _____

2nd Follow-up

Date: _____

Time ____:____ AM PM

Temperature _____ (mouth, armpit, ear)

Fever? Yes / No

Symptoms _____

Medications (dosage)/Treatment Given

Checked Health Manual Symptom & Illness Guide? Yes / No

Called the Doctor? Yes* / No

Recommendations: _____

*When you call the doctor's office, state 1) your child's name and age, 2) all of your child's symptoms, and 3) any treatments you have already given. Ask any questions you have so you know how to comfort and care for your child.