

As many of you may know, all of our community is in an early sick season surge! From influenza to RSV to COVID and more, every level of health care is inundated with sick children. Here are some tips and resources to help your child or family when they are sick and help the health care system at the same time!

[Fevers in Children, What You Need to Know](#)

[4 Common Illnesses in Children](#)

[RSV - When It's More Than Just a Cold](#)

[How is the Flu Different from COVID](#)

[WJLA Q&A Rise in Child Respiratory Viral Illnesses](#)

When your child needs URGENT medical care in less than 24 hours:

- Infant under 3 months with fever >100.4
- Child under age 1 year with fever >102
- Child with multiple episodes of vomiting in 24 hours
- Child with trouble breathing (fast breathing at rest; trouble talking/ speaking)
- Child who is dehydrated (no urine output in 8 hours or more)
- Child who is lethargic, unarousable
- Child with significant medical history (i.e. recurrent pneumonia, asthma, chronic medical condition)

When your child can wait to be seen in 1-3 days:

- Child > 1 year with any fever, sore throat, cough, cold, ear pain
 - Most symptoms peak in the first 3-5 days
 - Please use appropriate Tylenol or Motrin for fever control
 - Please keep them hydrated
 - Please avoid over the counter cough and cold medications
 - Please see our website [Health Topics](#) for related information to fevers and dosing of medications
 - Please visit [Symptom Checker](#) for valuable information on symptoms and what to do
- Child with symptoms unchanged/ ongoing > 1 week

Please use [Express Sick Self-Scheduling](#) to look for an appointment for most of these acute illnesses. When every appointment counts, we will be opening same day sick on a rolling basis starting between 7-9pm the night before. These appointments are for existing patients, all ages, any site, with simple sick symptoms lasting less than 3 weeks. Online scheduling is the same as what our phone schedulers see! If there are no availabilities, it is likely that we are at capacity! Please do not walk into our offices as we will not be able to see your child without an appointment.

We are doing our best to see as many patients as we can, but we must do so in a manner that is safe and will allow us to give excellent care to every patient.