



# A Special Message to Parents...

When your child is ill or injured it is very difficult to decide if/when to call your child's pediatrician or go to the Emergency Department (+/- call 911). During the COVID-19 epidemic and social distancing, this decision is even more challenging.

Here is some guidance to parents/caregivers from pediatric emergency medicine specialty providers:



## YOU SHOULD go to the ED and/or call 911 IMMEDIATELY if (call your pediatrician on the way):

### Appearance

- Blue/grey color
- Unresponsive
- Extreme irritability / pain / lethargy
- Active bleeding after 10 minutes of pressure
- Head injury with loss of consciousness
- Seizure / shaking lasting more than 20 seconds

### Breathing

- Not breathing for more than 20 seconds
- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing

### Circulation

- No pulses or heartbeat

Or Actively suicidal, homicidal, seriously harming self/others



## YOU SHOULD call your pediatrician first or COULD go to the Emergency Department and/or call 911 if:

### Appearance

- Dizziness / passing out / fainting,
- Abdominal pain, headache, allergic reaction
- Burns, concern for a broken bone(s), moderate to severe
- Mild irritability / lethargy / pain, sleepiness

### Breathing

- Wheezing / coughing / fast breathing, mild asthma
- Head injury without loss of consciousness or seizure activity

Ingestion of medications or other solutions **CALL POISON CONTROL CENTER FIRST 800-222-1222**  
Swallowed foreign objects: especially if magnets or batteries

Chronic conditions / special health care needs

Fever greater than 100.4 in infant less than six months old



## YOU SHOULD call your pediatrician BEFORE you go to the Emergency Department and/or call 911 if:

### Symptoms WITHOUT Respiratory Distress

- Fever
- Cough / Congestion
- Sore Throat
- Runny nose

*Use alternative COVID-19 testing sites*

*Call the local hotline - likely not your pediatrician or ED/911*

- Pink eye / red eyes
- Ear pain
- Rash, vomiting, and/or diarrhea, but drinking well
- Mild and intermittent pain

**NOTE:** Contact your child's primary care provider to explore local / current recommendations as guidelines are rapidly changing and there is a rapidly increasing availability of telehealth in pediatrics



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