

Caring for a sick child at home:

- Keep sick children home from school and daycare.
- Children dehydrate easily. Make sure they are sipping fluids often.
- If fevered, remove extra blankets and clothing so heat can leave the body and help lower the body temperature. Don't strip the child because shivering increases body heat, causing the fever to rise again.
- Do not sponge your child with tepid (lukewarm) water, alcohol baths or rubs.
- Do not put your child in a cool bath or shower. It may cause shock.

Normal Body Temperatures:

Measurement Method	Normal Temperature Range
Mouth	35.5 ° C to 37.5 ° C (95.9 ° F to 99.5 ° F)
Armpit	34.7 ° C to 37.3 ° C (94.5 ° F to 99.1 ° F)
Ear	35.8 ° C to 38 ° C (96.4 ° F to 100.4 ° F)

Dehydration and Children:

- Dehydration is the loss of body fluids that contain water and salts.
- Sick babies and toddlers can dehydrate very quickly.
- Dehydration can cause death if not treated.

Symptoms of dehydration:

- Decreased urination (less than 4 wet diapers in 24 hours).
- No tears.
- Dry skin, mouth and tongue.
- Sunken eyes.
- Grayish skin.
- Sunken soft spot (on the top of an infant's head).

Call your doctor for medical advice if:

- Your child has any of the above symptoms.
- Your child is under six months old and has diarrhea.
- Your child has been vomiting for 4 to 6 hours.

Treatment for dehydration:

- Exact mixtures of water, salt, and sugar are available at drugstores in ready-to-serve solutions.
- Frozen pops, water, ice-cubes, and juices made with water can also be given.
- Offer liquids often, even if the child will only take small sips at a time.

References:

- British Columbia Ministry of Health. *Self care during an influenza pandemic* (2005, November). Retrieved March 29, 2006, from, <http://www.bchealthguide.org/healthfiles/hfile94c.stm>
- Caring for Kids. *Dehydration and diarrhea* (2006, February). Retrieved March 29, 2006, from, <http://www.caringforkids.cps.ca/babies/Dehydration.htm>
- Caring for Kids. *Fever and temperature taking* (2006, January). Retrieved May 26, 2006, from, <http://www.caringforkids.cps.ca/whensick/Fever.htm>