When should you seek emergency care?

IT IS NOT ALWAYS NECESSARY FOR A CHILD WITH A FEVER TO SEE A HEALTHCARE PROFESSIONAL.

A fever is a rise in body temperature and one of the body's natural responses to some viruses or bacteria. It is one of the body's defence mechanisms. A child with a fever should stay home.

Infections in children are most often caused by viruses, such as a cold, the flu, or gastroenteritis. These infections usually do not last very long, and most people recover on their own.

Babies have an increased risk of becoming ill with certain infectious respiratory diseases. To reduce the risk for babies under three months of age:

→ Stay home and limit the number of guests/visitors;

→ Avoid non-essential activities and social interactions;

→ Ask people to wear masks around your baby.

HOME CARE CAN IMPROVE CHILD COMFORT DURING THE HEALING PERIOD.

Visit Québec.ca for more information on how to care for your child and when to consult a doctor:

→ Fever in children

→ Flu (influenza)

→ Nasal irrigation

→ Gastroenteritis (stomach flu)

From Tiny Tot to Toddler: a practical guide for parents from pregnancy to age two contains a great deal of valuable information.

YOU THINK YOU NEED A CONSULTATION?

→ If your child has a family doctor, call their clinic.

→ If your child does not have a family doctor, call the Primary Care Access Point at 811, option 3.

→ **If you need advice or are not sure if you should see a doctor, call Info-Santé 811, option 1, to access the priority line for parents of children 0-17 years old.**
A nurse will be able to help you quickly.

Don't hesitate to consult your pharmacist for advice on which medication to use and for more health tips.

Votre gouvernement

Québec