



How to care for your child at home

If they have a fever:

- > Make sure they drink small quantities often.
- > Make sure they get some rest time, a nap, or a break.
- > Don't overdress them.

How to know if your child has a fever

It is important to take your child's temperature.

How to take their temperature

Age	Method to Use
0 to 3 months	Always take the temperature rectally (bottom)
3 months to 5 years	Most accurate: Rectal (bottom) Alternative (if the most accurate method isn't possible): Underarm
Over 5 years	Most accurate: Rectal (bottom) or oral (under the tongue, if the child cooperates) Alternative (if more accurate methods aren't possible): Underarm

When do they have a fever

Age	Method Used	Temperature
0 to 3 months	Rectal (bottom)	38.0°C (100.4°F) or higher
Over 3 months	Rectal (bottom)	38.5°C (101.3°F) or higher
	Oral (under the tongue)	38.0°C (100.4°F) or higher
	Underarm (armpit)	37.5°C (99.5°F) or higher

Important: If your child is under 3 months old and has a fever, they should be seen by a doctor.

If your child has received a vaccine within the past 48 hours, call Info-Santé at 811 before seeing a doctor.

If they have a cough, and a runny or stuffy nose:

- > Gently clean the child's nose with a saline solution. Use a nasal syringe, an irrigation bottle, or a spray.

Watch the videos to learn everything about nasal hygiene



If your child cooperates:

- > Teach them and encourage them to blow their nose on their own;
- > Teach them to cough and sneeze into their elbow or a paper tissue;
- > Remind them to always wash their hands thoroughly afterwards. Show them how to do it properly.

If they have a sore throat:

- > Make sure they drink small quantities often;
- > Offer them cold liquids, softfoods (such as purées), or frozen foods (such as frozen yogurt).

Which medications to give

- > **Over 3 months old:**
You can give your child acetaminophen (e.g., **TYLENOL®**, **Tempra®**) if they have a fever or feel unwell.
- > **Over 6 months old:**
You can give your child acetaminophen (e.g., **TYLENOL®**, **Tempra®**) or ibuprofen (e.g., **Advil®**, **MOTRIN®**) if they have a fever or feel unwell.
- > **Do not give your child** other over-the-counter medications without consulting your pharmacist or another healthcare professional.

It is important to follow dosage instructions based on your child's weight and respect the recommended intervals between doses.

Preventing respiratory infections

Simple tips for protecting your child:

- > Wash your hands and your child's hands frequently.
- > Cough and sneeze into your elbow or a paper tissue.
- > Wash and disinfect frequently touched objects and surfaces:
 - Tables
 - Door handles and light switches
 - Toys
 - Toilets and sinks
- > Open the windows for a few minutes several times each day.
- > Avoid contact with people who are sick. If your child is sick, limit their contact with other children and avoid being around people who are at risk.



When and how to consult a healthcare professional

Not sure if your child needs to see a healthcare professional?

You can call **Info-Santé at 811 any time** to ask questions about your child's health.

Your child needs to see a healthcare professional, but it isn't urgent.

- > Contact your usual clinic;
- > Call Info-Santé GAP (Primary Care Access Point) by dialling 811 and selecting option 3 or by **making a request online**;
- > Speak with your pharmacist;
- > Make an appointment using the **Québec Medical Appointment Scheduler (RVSQ)**.

For quick access to this useful advice, scan the QR code.



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