# Is your child seeing the doctor today?

**Ask your child's doctor when to go to the emergency room.**

The doctor knows your child's medical history.

Your doctor can help you make better choices for your child.

## Use this space to write down what your doctor tells you today:

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Sponsored by California's Statewide Emergency Room Collaborative — Medi-Cal Managed Care Health Plans

09-111

# Not Sure It's An Emergency?

## Call our office or your health plan's advice line

They can give you advice on where to go and what to do if your child has an:

- Earache
- Sore throat
- Cough
- Cold
- Flu

## Why should I take my child to the doctor for regular check-ups?

**With regular check-ups your doctor will:**

- Get to know your child's medical history better.
- Give your child the best care — when it is needed.
- Give you advice on how to keep your child healthy.
- Give you advice on when to use the emergency room and when to call the doctor **first**.

**Avoid the long waits and the crowds in the Emergency Room.**

**Find help by calling your child's doctor or the health plan's advice line.**

## How can I keep my child from getting a cold or flu?

You can't always keep your child from getting sick, but here are things that can help:

- **Make sure your child's shots are up-to-date.**
- **Get your child a flu shot if the doctor suggests it.**
- **Teach your child to:**
  - Wash hands for at least 20 seconds after using the toilet and before eating.
  - Avoid touching eyes, nose or mouth.
  - Not share food, drinks or eating utensils.
  - Keep away from others who have a cold or cough.

## How can I help my child feel better?

If your child gets a sore throat, cough, cold, or flu, here are things you can do:

- **Make sure your child:**
  - Gets lots of rest and sleep.
  - Drinks plenty of fluids.
- **Use a humidifier or salt water nose drops to help with a stuffy nose.**
- **Ask your doctor if your child needs cold or cough medicine.**