

# PARENTS' GUIDE TO USING THE ER WISELY

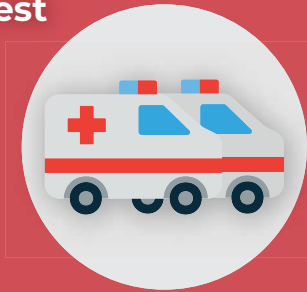
## COVID-19 EDITION

Our emergency departments are prepared to safely receive and care for anyone who requires emergency care.

Protocols are in place to ensure your safety from COVID-19.

Go to the emergency department or call 9-1-1 if your child has<sup>1</sup>:

- difficulty breathing
- severe abdominal or chest pain/pressure
- loss of consciousness
- heavy bleeding
- blue lips or skin, or appears very pale
- excessive vomiting, especially if there is blood in the vomit
- diarrhea and vomiting, lack of tears or urine over several hours
- high fever, sleepiness, without improvement with acetaminophen (Tylenol) or ibuprofen (Advil)
- an injured swollen or crooked limb
- ingested a toxic chemical, including a suspected drug or alcohol overdose



Children under three months of age with a fever of greater than 38 degrees C (100.4 degrees F) should go to the emergency department.

Not sure if it's an emergency?



- Call your family physician
- Call 8-1-1
- Visit an Urgent and Primary Care Centre

Not an emergency?

- Treat common childhood illnesses at home.
- Learn more here.



Concerned your child is exhibiting COVID-19 symptoms?

- Call your family physician
- Use the BC COVID-19 Symptom Self-Assessment
- Use the Testing Centre Finder, or find Fraser Health's testing and assessment centres here.

For more information, read our Parents' Guide to Using the ER Wisely for Kids written by three of our emergency physicians.

<sup>1</sup><http://www.bcchildrens.ca/health-info/covid-19-and-children-information-for-patients>