



## IMPORTANT INFORMATION for SOONERCARE CHOICE Members

Your doctor will give you a phone number you can call 24 hrs. a day, 7 days a week. Call that number before you go to the ER if you are experiencing an urgent matter.

### CONTACT YOUR DOCTOR IMMEDIATELY IF:

- An infant (over 2 months old but under 2 years) has continuous vomiting (not just spitting up) and/or diarrhea for longer than 6-12 hours.
- Infant under 3 months old has projectile or forceful vomiting.
- Vomiting and/or diarrhea have persisted for more than 24 hours (2 years and older).
- Vomiting starts after a head Injury. □ Infant under 6 months old has a fever at or above 100.4 degrees F or 38 degrees C *AFTER* you have given the age-recommended dose of Tylenol or Ibuprofen; over 6 months, if the fever is 101-102 degrees F or 38.3-38.9 C *AFTER* you have given the age-recommended dose of Tylenol or Ibuprofen. **IMPORTANT:** Ask your child's primary care physician before giving any fever-reducing medicine to a child for the first time AND never give aspirin to a child under 18 because of the risk of Reye's syndrome, a dangerous brain disease.
- The infant or child shows signs of or complains of severe abdominal pain.
- Vomit has blood in it or looks like coffee grounds.
- Child's belly feels hard, bloated, and painful between vomiting episodes.



- Diarrhea has blood or mucus in it.
- The infant or child shows signs of dehydration such as dry mouth; few or no tears when crying; fewer than four wet diapers per day (or more than 4-6 hours without a wet diaper in babies under 6 months of age); no urination for 6-8 hours in children; sunken eyes, cheeks, or soft spot on an infant's head; inactivity or decreased alertness; appears weak or limp.

### Contact your doctor to make an appointment if your child has these symptoms:

- Infant or child has occasional vomiting or diarrhea, not accompanied by any of the signs of dehydration.
- Infant or child develops diarrhea while on antibiotics.
- Infant is "spitting up" after most feedings.
- Vomiting or diarrhea starts again after you start a normal diet for the infant/child.
- Infant or child shows an ongoing loss of appetite and/or is losing weight.

### Things you can do to help manage your child's nausea vomiting, and/or diarrhea:

- Follow all the doctor's instructions and stay calm; these symptoms are frightening to a child (and parents!) and exhausting too. Reassuring your child and preventing dehydration are key for a quick recovery.
- Do not use any over-the-counter medications to treat nausea, vomiting, and diarrhea; use **ONLY** medications prescribed by the doctor.
- Offer your baby or child small but frequent amounts (2-3 teaspoons) of an oral electrolyte solution (such as Gatorade) every 30-60 minutes. Oral electrolyte solutions are readily available at grocery stores and pharmacies. You can use 2-3 ounces for older children. You can also offer a popsicle.
- **IMPORTANT:** Do NOT give any drink or popsicle that is red in color to your infant or child. Start slow



and do not overfill the baby or child's stomach as this may cause more vomiting.

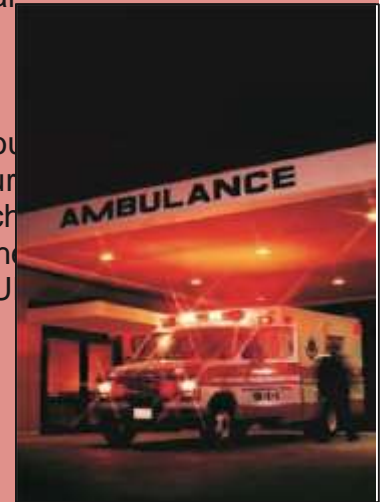
### Things you can do to prevent nausea, vomiting, and/or diarrhea:

Make sure to use **frequent hand-washing** (before and after all meals or snacks and after toileting or diaper changes).

Use **safe food/beverage handling** before serving to a child, including keeping formula, milk, and other foods requiring refrigeration at safe temperatures and washing all fruits and vegetables before serving.

### REMEMBER: Go to the Emergency Room only if:

- Your doctor directs you to do so.
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- Due to unusual circumstances beyond your control, you cannot reach your doctor AND your symptoms match those listed in the **CONTACT YOUR DOCTOR IMMEDIATELY** section.



**Central Communities Health Access Network**

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