

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:



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

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.**

