



# Center City Pediatrics

TWO LOCATIONS. ONE GREAT PLACE FOR KIDS.

WHEN SHOULD I WAIT?					
Call	with additional questions				
COLDS	GI	FEVER	FALLS	BREATHING	MOOD
nasal discharge lasting less than 2 weeks, even if thick or colored	Diarrhea lasting up to 2-3 weeks or diarrhea-related diaper rash	Fever of 99-100 for small infant, lasting less than 3 days	Cried immediately & easily consolable	Loud, congested breathing from nose	Mildly whiny, irritable, wants to be held more (without any of the yellow or red signs)
Mood good even if slightly more tired/whiny with a lower appetite than usual, but drinking close to normal	Slightly less saturated diapers but not less than 1/2 the usual number	Fever of 101-103 for a child over 4 months, lasting less than 3 days	For infants: normal spit up after a fall (NOT more volume or more frequent than normal)	Noisy Breathing WITHOUT labored breathing (pulling at ribs, nasal flaring, belly breathing)	Slightly less playful than usual, preferring to lay on couch, be held or have screen time
Feeling or hearing a chest rattle, hoarse cough or noisy breathing without other signs of difficulty breathing	Low appetite/poor solids intake, but still drinking some	Fever not totally resolving after taking antipyretics (Tylenol and Motrin) or coming back repeatedly	Baby or child is tired at their normal nap time	Mouth breathing when congested	Sleeping or napping more than usual, but acting normally when awake
Vomiting mucus or food after coughing	Intermittent mild to moderate cramps or abdominal pain	Fever 100-102 within 24-48 hours after receiving vaccines	Minor scrapes/cuts that stop bleeding after a few minutes (skin edges touch) or a lump on the head/forehead less than 2 inches	Irregular breathing in an infant less than 1 month (rapid periods followed by pauses)	Toddler crying up to 45 minutes, with pauses when distracted or seeking attention
WHEN SHOULD I WORRY?					
Call!	Likely	needs to be seen			
COLDS	GI	FEVER	FALLS	BREATHING	MOOD
Fever 101 or higher for 5 days or greater than 104 (if child over 4 months)	Vomiting more than 3 days or with occasional bilious/blood streaks	Temperature 101-103 for 3-5 days or greater than 104	Lump on head greater than 2 inches or laceration on scalp, or growing lump, particularly over temple area	Breathing faster than normal, belly breathing or nostril flaring	Change in mood or disposition lasting more than 5 days

Mood changes (see lethargy)	Constant mild abdominal pain or more severe pain coming and going	New fever with specific symptoms-- ear pain, throat pain, new rash, painful urination	Fall from 3 or more feet without loss of consciousness	High-pitched whistle with breathing (stridor) often associated with barking "seal" cough	Sleeping or napping more than usual
Poor fluid intake/ not drinking and less than 1/2 usual diapers	Drinking a little less than usual	Reoccurrence or new fever after multiple days of viral illness without fever	Wide abrasions or cuts that continue to bleed after 5 minutes of firm pressure	Asthmatic child who does not improve after rescue inhaler	Not acting normally when awake, such as refusing preferred activities

Call!		WHEN Definitely	SHOULD needs	I to	PANIC? be seen
COLDS	GI	FEVER	FALLS	BREATHING	MOOD
Breathing changes (see breathing)	Bloody/black diarrhea or vomiting all intake after every feed/drink	Temperature of 100.4 in a baby less than 2 months old	Vomiting/passing out after fall or persistent headache hours later	Breathing over 50-60 times per minute consistently	So lethargic they are unable to lift up head or walk themselves to the bathroom
Lethargic – not perking up, even with Tylenol or favored activities	No urination for more than 8 hours, no tears when crying and a very dry mouth	Persistent fever greater than 10 days	Altered mental status – unusual or increasing sleepiness, slurred speech or loss of coordination	Retracting or sucking in at notch of neck or ribs	Unable to arouse with voice or touch or infant unable to wake for feeds
Infants under 8 weeks rectal temperature greater than 100.4 or lower than 97	Lethargy --really not perking up, even with Tylenol or favored activities	Fever with neck pain and difficulty moving neck (not throat pain)	Significant irritability, difficult to console after the initial "shock" of the fall	Unable to finish a sentence or very breathless with speech	Confusion or mental status changes
Too congested to drink	Severe abdominal pain, particularly when moving around	Fever with refusal to drink or repeated vomiting	Not moving arms or legs normally after calming	Pause of breathing in newborn greater than 20 seconds, particularly with color changes	Toddler crying over 30-45 minutes inconsolably even with distraction or infant over 45 minutes even with holding and feeding

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