



For more information:



This message is  
brought to you by:



## Tips for preventing childhood respiratory illness this season

**Prevention is your best option.**

- Wear a mask in indoor public spaces.
- Stay up-to-date on all routine childhood vaccines, as well as the influenza and COVID-19 vaccines.
- Stay home when you are sick.
- Wash your hands often.
- Disinfect high-touch surfaces.
- Socialize outdoors when possible; open windows for good air circulation indoors.



For more information:



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## Tips for preventing respiratory illness this season

### Prevention is your best option.

- Wear a mask in indoor public spaces.
- Seek a flu shot every year, and get all Covid-19 vaccines you are eligible for.
- Stay home when you are sick.
- Wash your hands often.
- Disinfect high-touch surfaces.
- Socialize outdoors when possible; open windows for good air circulation indoors.



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## Tips for caring for a child with respiratory illness at home

**Most respiratory illnesses are viral and don't need prescription medicine.**

- Treat your child's pain or fever regularly with over-the-counter medicines such as acetaminophen (Tylenol) or ibuprofen (Advil) if your child can take it.
- Ask your pharmacist for advice if you can't find these medicines.
- A humidifier, warm bath or shower can help relieve a cough and stuffy nose.
- Stay hydrated. Offer fluids such as water, soup, or fruit juice regularly.



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## Tips for caring for a person with respiratory illness at home

**Most respiratory illnesses are viral and don't need prescription medicine.**

- Treat pain or fever regularly with over-the-counter medicines such as acetaminophen (Tylenol) or ibuprofen (Advil) if you can take it.
- A humidifier, hot bath or shower can relieve a cough and stuffy nose.
- Stay hydrated. Drink fluids such as water, soup, or fruit juice often.
- If fevered or unwell, stay home to protect your friends and family.



## When and where to get help.

For more information:



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### Sometimes a child's respiratory illness can't be managed at home.

If you have a family health care provider, call if your child's fever lasts 72 hours or more, they are not eating or drinking, have an earache lasting more than two days, or are unusually fussy and irritable.

#### Don't have a family doctor?

- Call 811 to speak with a nurse 24/7
- Virtual Urgent Care (for children/youth)  
Urgentcareontario.ca
- Visit the St. Thomas Medical Walk-in Clinic  
(230 First Ave, Suite 105)

#### Go to the emergency department:

For an unmanageable fever, struggling to breathe, or withdrawing from normal activity

#### Call 911:

For life-threatening, time-critical emergencies



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## When and where to get help.

### Sometimes a respiratory illness can't be managed at home.

If you have an underlying respiratory condition or a weak immune system, if you have an ongoing fever, or if you are not improving and it is a week or more, you may need medical treatment.

#### Don't have a family health care provider?

- Call 811 to speak with a nurse 24/7
- Visit the St. Thomas Medical Walk-in Clinic (230 First Ave, Suite 105)

#### Go to the Emergency Department:

Seek medical attention if fever for 72h despite medication, continuous shortness of breath, or unable to stay hydrated.

#### Call 911:

For life-threatening, time-critical emergencies