

CHAPTER 2
**Keeping My
Child Healthy**



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Special Note for Foster Parents:

This section provides caregivers with information on how to keep children with **HIV** healthy. Part of keeping a child with HIV physically and mentally healthy involves working with a team of health and social service providers, school personnel, and your caseworker. It is your responsibility, as a foster parent, to keep your caseworker informed when:

- An issue or problem is identified concerning your foster child.
- There is a change or anticipated change in your foster child's health or behavior.
- You or your foster child need additional resources.

Can HIV affect how my child grows and develops?

HIV affects children in different ways.

Your child may have no signs or **symptoms** (simp' toms) of **HIV** for a long time. He/she may grow at the same rate and be able to do all of the things other children the same age can do. But for some children, HIV can cause them to grow more slowly. As your child gets older and becomes more aware of his/her size, he/she may be concerned about being smaller than friends or classmates. This is especially true for adolescent boys.

(See **Helping My Adolescent Deal with HIV**, How does HIV add to the stress of the teen years? page 8–24.) It is important to talk to your child about his/her feelings.

If you think your child needs more support, tell your doctor, nurse, or **case manager**. The doctor or case manager will evaluate your child and suggest mental health care resources in your community, if needed.

HIV can also cause some children to develop more slowly. It may take some children longer to do things like crawl, walk, and talk. If this happens to your child, he/she may seem younger than other children the same age. Talk to your doctor about getting your child tested.

(See **Living with HIV**, What if my child needs extra help to learn and develop skills? page 5–24.)

Tell your doctor if you think your child has problems learning. Do not wait until your child is in school.



Infants and toddlers through age 2

There is so much to learn in the first few years of life. Just like other children, some children with **HIV** may have problems learning. This does not mean your child is retarded or dumb. It means it may take your child longer to learn new things, or remember things he/she has already learned. It may also mean that he/she needs to learn in different ways. If you think your child has problems learning, talk to your doctor about getting your child tested. Do not wait until your child is in school. Early help can make a difference in your child's life. The **Early Intervention Program** can help infants and toddlers through age 2. Services are free. The Early Intervention Program will help your child grow and develop, and will help you care for your child.

For the telephone number of the Early Intervention Program in your county, call:



**New York State Growing Up
Healthy Hotline
1-800-522-5006**



**New York Parent's Connection
1-800-345-KIDS (1-800-345-5437)**



**In New York City
1-800-577-BABY (1-800-577-2229)**

Children ages 3 through 21

If your child is already in preschool, elementary school, middle school, or high school and he/she is having problems, there are programs that can help. Talk to your child's teacher or work with your **social worker** or **case manager** to get your child evaluated. If needed, the teacher, social worker, or case manager can help you make sure your child gets an appropriate special education program. Your child's school district must provide an educational program based on your child's needs.

(See **Living with HIV**, What if my child needs extra help to learn and develop skills? page 5–24.)



How do I get the best care for my child?

Your child needs a health care team that has experience in caring for children with **HIV**. This team will take care of your child's developmental, medical, dental, and mental health care needs. Throughout New York State there are trained doctors, nurses, **dentists**, **social workers**, **mental health professionals**, and **case managers** who have experience caring for children with HIV and their families.

Your child's health care team should:

- have experience caring for children with HIV.
- be easy to talk with and have time to answer questions from you and your child.

Your child needs a health care team with experience in caring for children with HIV.

- give you information to help you care for your child and prevent illnesses.
- be easy to reach when your child is sick or having problems.
- work with each other to make sure your child gets the best care.

Your child's health care team will include a number of people.

It is important for your child's doctors, nurses, dentist, **mental health professional**, and other health care providers to:

- know your child has **HIV**.
- work with each other to make sure your child gets the best possible care.

Primary care provider

Like all children, your child needs a **primary care provider**. This person can be a **pediatrician** (pē'dē a trish' an), **family doctor**, or **nurse practitioner** (prak tish' un er). Your child's primary care provider will do general check-ups, give **immunizations** (im' mū ni zā shuns), sometimes called baby shots, and treat common childhood illnesses like colds and ear infections. To get health care services as quickly as possible, it may be helpful for your child's primary care provider to be in your community.

HIV Specialist

Your child also needs a special doctor who has experience caring for children with **HIV**. The **HIV Specialist** may also be your child's **primary care provider, pediatrician, immunologist** (im mūn ol ō gist) or **infectious disease doctor** who has special training and has the most up-to-date information about treating children with HIV.

(See **HIV: The Basics**, How is my child's immune system watched? page 1–7, What are the goals of treating HIV? page 1–10.)

Pharmacist

A **pharmacist** (far´ ma sist) is very important for you and your child. The pharmacist will help you keep track of your child's medicine schedule and make sure your child does not have any **drug interactions**. The pharmacist will also give you information about the medicines your child is taking. Ask your child's doctor or nurse for suggested pharmacies or drugstores.

(See **Giving My Child Medicine**, How do I choose a pharmacy or drugstore? page 4–5.)

Dentist

All children, including children with **HIV**, need to see a **dentist** to help prevent teeth and gum problems. Even though your child will lose his/her baby teeth, it is still very important for your child to go to the dentist. It is best to have a dentist who knows the special needs of children with HIV. Your child's first dentist visit is usually around his/her first birthday. Your child's doctor will let you know when the first dentist visit is needed. Your child's dentist will tell you how often to go thereafter.

Ask your primary care provider to refer you to a doctor who takes care of children with HIV (HIV Specialist), or call the New York State HIV/AIDS Hotline at 1-800-541-AIDS.

Mental health professional

Going to doctor and clinic visits, getting blood tests and shots, taking medicines, and all the rest that go with a life-long health condition can be very stressful. A **mental health professional** can help your child cope with his/her feelings. Even if your child is very young, a mental health professional can help.

Your child's **primary care provider** or **HIV Specialist** will help you find a **mental health professional** who has experience working with children. This person may be a **psychiatrist** (sī kī' a trist), **psychologist** (sī kol' ō jist), or **social worker**. Mental health professionals use a variety of activities to help your child express himself/herself. These activities may include individual or group support, play therapy, art therapy, or music therapy. Remember, sending your child to a mental health professional does not mean your child is crazy.

(See **About Mental Health**, What is mental health and why is it important? page 6–2 and What does a mental health professional do? page 6–6.)

What kind of health check-ups does my child need?

Your child needs ongoing health check-ups.

Ongoing health check-ups

All children need ongoing health check-ups by their **primary care providers**. These ongoing visits let the primary care provider see how your child is growing and developing. Depending on your child's age and health, your primary care provider will let you know how often he/she needs to see your child. To give your child the best care, it is important for the primary care provider to know your child has **HIV**.

The primary care provider will:

- check your child's weight and height.
- listen to your child's speech and language skills.
- give **immunizations** or baby shots.
- test your child's hearing and eye sight.
- check your child's blood for lead poisoning and **anemia** (a nē' mē a).
- test your child for **TB** (tuberculosis).

Your **primary care provider** will also treat your child's colds, ear infections, and other minor illnesses.

Follow your primary care provider's advice to make sure your child gets all his/her check-ups and keeps all clinic visits.

Make sure your child goes to all his/her health check-ups.

Immunizations are very important for your child. Before your child gets any immunizations, make sure the doctor or clinic knows he/she has HIV.

Immunizations (baby shots) and flu shots

Everyone needs to get **immunizations** to prevent diseases and illnesses. Immunizations are given throughout our lifetime. However, we get most of our immunizations when we are babies or young children. Your child needs immunizations (sometimes called baby shots) to protect him/her from **measles, chicken pox, Hepatitis B, whooping cough, mumps, meningitis** (men in jī' tis), **polio**, and some other childhood diseases. Before your child gets any immunizations, make sure the doctor or clinic knows he/she has **HIV**. Children with HIV, just like other children who have a life-long health condition, may also need additional immunizations. Your doctor may recommend a yearly flu shot to protect your child from the winter flu. A shot to prevent **pneumonia** (nū mō' nē a) may also be recommended.

All children need their **immunization** information when they go to a licensed or registered day care or start school. Ask your doctor for a copy of your child's immunization record when you need it.

Clean or rinse your child's mouth with water after bottles, meals or medicine.

Dental care

You and the **dentist** can do a lot to keep your child's mouth healthy. It is important to prevent gum disease (bleeding gums) and tooth decay (cavities) that can cause your child pain, infections, and problems eating. These can be serious problems for a child with **HIV**.

Talk to the dentist about:

- the best way to clean your child's mouth.
- the use of **fluoride** (flūr' id) to fight cavities.
- how to check your child's mouth.

To keep your infant's mouth healthy, wrap a piece of gauze or clean, soft washcloth around your finger. Moisten it with water and gently wipe the roof of your infant's mouth, tongue, gums, and inside his/her cheeks. Try to clean your infant's mouth after feedings, after taking medicine, and before bed.

As soon as baby teeth appear, use a soft child's toothbrush to clean your child's teeth. Even though your child will lose his/her baby teeth, they are important to keep healthy. Try to clean your child's teeth after meals and before bed.

Bottle feed your baby when he/she is in a sitting position or a semi-sitting position. This will prevent your baby from having tooth decay and gum disease. This may also help prevent your baby from getting ear infections.

When your child is able, teach him/her how to brush and floss. Be a good role model. If your child sees you cleaning your teeth, he/she will be more likely to do it too. It is best to brush after meals and brush and floss before bed. When brushing is not possible, such as during school, have your child rinse his/her mouth with water after eating and taking medicine.

(See **Eating Healthy Foods**, What foods should my child eat? page 3–2.)

Make sure everyone has and uses their own toothbrush. Never share toothbrushes. Ask your child's **dentist** for toothbrushes or buy a soft child's

Always wash your hands before and after cleaning your child's mouth.

 **WARNING**

Do not let your baby sleep with a bottle of milk, formula, or juice. Leaving these liquids in your baby's mouth will cause tooth decay and gum disease.

toothbrush for your child every few months. Also make sure your child gets a new toothbrush after he/she has a cold, the flu, a sore throat, or other illness.

Check your child's mouth and throat for redness or white patches.

Sores in your child's mouth and throat

Children with **HIV** may get mouth or throat infections. The most common infection is **thrush**. Thrush looks like white patches or red areas in the mouth or throat. Call your child's doctor if you see any red sores or white patches in your child's mouth or throat. The doctor or nurse will tell you how to care for your child's mouth.

The doctor will recommend that your child have his/her eye sight and hearing tested from time-to-time.

Eye sight and hearing tests

Children with **HIV** need ongoing check-ups to make sure their eye sight and hearing are normal. Ongoing eye tests are very important because HIV and some medicines may affect your child's sight. Ask your child's doctor to recommend an eye doctor. This doctor is called an **ophthalmologist** (op thal mol' ō jist).

If your child has many ear infections, it may affect his/her hearing, speech, and learning. Hearing tests can be done on infants, babies, and children. If your child's hearing does not seem normal, the doctor will recommend your child get a hearing test. The hearing test may be done by an **audiologist** (aw dē ol' ō jist).

How can I prepare myself for my child's doctor or clinic visits?

Do your best to be prepared so you can make the most of your time with your child's doctor or nurse. It may help to take another adult to the visit (family member or friend). This may be most important when your child is not feeling well or if he/she is going to have a test done. The extra adult will be able to listen, take notes, and help ask questions while you tend to your child's needs.

Important information to take to the visit



It is important for each of your child's health care providers to know the medicines your child is taking. To list the medicines, you may want to use the medicine chart at the end of *Giving My Child Medicine* on page 4–20.

Doctor-ordered medicines

For each medicine, write down:

- the name.
- **dose** (how much is taken).
- how often is it taken.
- if it is taken with or without food.

OR

If possible, take your child's medicines in their containers. You can show the doctor what your

By being prepared for your child's doctor and clinic visits, you will make the most of your time with the doctor or nurse. You will also teach your child what to do when he/she is older and going to the doctor without you.

child takes and keep your child on his/her medicine schedule if doses are needed while your child is away from home.

Vitamins, herbal therapies, over-the-counter medicines, and home remedies

It is also important for each of your child's health care providers to know the vitamins, herbal therapies, **over-the-counter medicines**, and home remedies your child is taking.

When your child is not feeling well

If your child is not feeling well, list the following information:

- how he/she is feeling, such as fever, upset stomach, sore throat, **diarrhea** (dī a rē´ a).
- changes in eating, sleeping, behavior, or mood.
- when the illness started, such as Saturday morning or after taking a new medicine on Friday night.
- things you have done to stop or ease the illness, such as giving **acetaminophen** (as ēt´ a min ō fen), or changing your child's diet.
- how long your child has had the illness and if it is better or worse today.

If the doctor wants your child to see a specialist, ask the doctor's office to call and set up the visit. The doctor's office may be able to set up a visit sooner than if you call for the visit.

Always ask questions.

Make sure you understand what the doctor or nurse is saying. Sometimes the doctor or nurse may use a medical term you do not understand. Tell him/her to explain the information so you can understand it. If you are more comfortable

speaking another language, take someone with you who speaks English or ask for an interpreter.

- Ask why a medicine or test is needed.
- If the doctor gives your child a new medicine or changes a medicine your child has been taking, make sure you know how to give it and when to give it. *Always* ask about the common **side effects** to expect.

To cut down on the waiting time for the doctor, try to get your visits for first thing in the morning or right after lunch.

How can I prepare my child for doctor or clinic visits?

Most children are afraid of going to the doctor. Their fears may come from:

- going to a strange place with strange smells.
- not knowing who will be there or what will be done.
- being left alone.
- getting a shot.
- having a painful test done.

Children are less afraid of doctor and clinic visits if they know what will happen.



Your child's health depends on going to doctor and clinic visits. This is not easy for you or your child. But you can help your child deal with his/her fears. Be honest and give your child information he/she can easily understand. Never threaten your child about going to the doctor, getting shots, or tests. This will only make your child more fearful.

To help your child get through the fear of doctor and clinic visits, ask the doctor if there is a **child life specialist**. If so, the child life specialist will use play and other activities to help your child cope with his/her fears. If there is not a child life specialist, you can do many things to help your child.

Be prepared. Before a doctor or clinic visit, ask what will be done. Take time to talk to your child about what will happen before the visit. Help your child cope with his/her feelings before, during, and after the visit.



Things you can do to prepare a younger child

Before the visit:

- Talk to your child about what will happen at the visit:
 - Keep the information simple.
 - Use words that your child can understand.
- Get a toy doctor kit and play doctor with your child.
- Let your child play with puppets or action figures to act out what will happen at the visit.
- Let your child draw or color to express his/her feelings.
- Together decide if a toy or stuffed animal will go on the visit to help comfort your child.
- Let your child practice breathing methods to blow away pain by using bubbles or a pinwheel.
- Plan some special time with your child after the visit.

During the visit:

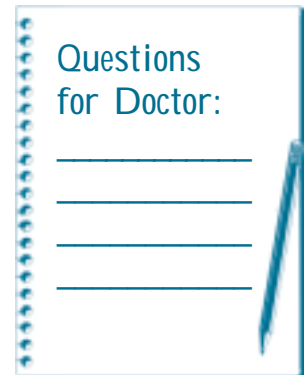
- Stay with your child.
- Comfort your child, rather than restrain your child.
- Stroke or rock your child to take away his/her fear or pain.
- Let your child cuddle his/her favorite toy or stuffed animal.
- Let your child listen to music.
- Read your child a story.
- Let your child use a pinwheel or bubbles to blow the pain away.



Things you can do to prepare an older child

Before the visit:

- Talk to your child so he/she will understand what will be happen at the visit.
- Help your child list the things he/she wants to talk about with the doctor or nurse.
- Help your child learn and practice deep breathing to relax.
- Let your child decide what to take to the visit that will help him/her deal with pain, like a favorite CD or electronic game.
- Plan a special activity your child enjoys for after the visit





During the visit:

- Stay with your child if he/she wants you there.
- Help your child get answers to his/her questions, if needed.
- Let your child listen to music or play an electronic game.
- Help your child relax by helping him/her with deep breathing methods.

What can I do to protect my child from germs that cause infections?

A child with **HIV** may not be able to fight off infections as well as other children. So, it is important to protect your child from germs that can cause infections. Use these simple suggestions for everyone in your home.

Washing hands often is the best way to kill germs.

Wash your hands.

Many infections are spread by germs on people's hands. Washing your hands is the best way to kill germs. Rub your hands together with soap under warm running water. If possible, use liquid soap. Do not forget to clean under your finger nails and between your fingers. If your hands get dry or sore, put on hand cream or lotion.

Wash your hands and your child's hands often during the day:

- after touching body fluids (blood, urine, bowel movements, mucus from mouth or nose).
- after blowing your nose or helping your child blow his/her nose.
- before handling, cooking, or serving food.
- before and after eating meals or snacks.
- after using the toilet or changing diapers.
- after helping someone use the toilet.
- after playing with pets or other animals.
- after playing with or holding another child.



Changing diapers

Babies have very tender skin. Keeping your baby's skin clean and dry is important.

- Wash your hands before changing your baby's diapers.
- If you have any sores or scratches on your hands, wear latex gloves when changing or rinsing out diapers.
- If your child has **diarrhea** or you can see blood in his/her bowel movement or urine, wear latex gloves.
- All babies get diaper rashes from time to time, so watch for diaper rash.
- Ask your baby's doctor what to do and when to call if your baby gets a diaper rash.

Always wash your hands with soap and warm running water before and after changing diapers.

**Use throw away
diapers, if possible.**

- Change your baby's diapers more often if he/she has a rash. If the rash does not go away in a few days, call your baby's doctor.
- Use throw-away or disposable diapers, if possible. They are clean, easy to use, and less likely to give your child a diaper rash. Put used disposable diapers in a plastic bag and put it in a diaper pail or garbage can with a tight fitting lid.
- If you use cloth diapers, rinse them out right away and wash them in hot water with soap and bleach.
- Wash any surfaces that come in contact with your child's bowel movement or urine.
- Wash your hands with soap and warm running water after changing diapers.

**Keep your home
clean to lower
your child's risk
of infections.**

Keep your home clean.

Cleaning kills germs. Dust and mold can make your child sick, so it is important to keep your home as clean as possible.

- Clean tubs, showers, and sinks often; use household cleaners, then rinse with fresh water.
- Clean the toilet often; use a bleach solution (1/4 cup bleach in 1 gallon of water) or a toilet bowl cleaner. When using a rag to clean the bathroom, clean the toilet last to keep germs from getting on other bathroom surfaces.
- It is best to throw cleaning rags away. But if you do not throw them out, wash them with hot, soapy water.
- Mop floors at least once a week.
- Clean up spills in the refrigerator and freezer, and check foods to make sure they are safe to eat.



(See **Eating Healthy**, How do I keep food safe for my family? page 3–24.)

- Wipe the counters in your kitchen with a clean damp cloth or paper towels. Dish cloths and towels should be washed often. It is best not to use sponges because germs can grow in them quickly. But if you use sponges, rinse them out every time you use them and replace them often.
- Wash dishes in hot soapy water.
- Open the windows to get fresh air in your home.
- Use screens in the summer to keep bugs out.
- Do not smoke in your home.

Use a household cleaner to kill germs and HIV.

How to Make and Use a Household Cleaner

- About 1/4 cup of bleach mixed with 1 gallon of water makes a good household cleaner for floors, showers, tubs, sinks, etc.
- Use 1 tablespoon of bleach in 1 quart of water for small jobs.
- Make a new batch each time.
- This household cleaner stops working after about 24 hours.
- Be sure to keep bleach and other chemicals away from children.

NEVER MIX BLEACH WITH AMMONIA OR OTHER CHEMICALS. IT WILL MAKE A HARMFUL GAS!

Keep the number of the Poison Control Center by your telephone in case your child eats or drinks anything that could be dangerous or poisonous.

Protect your child from the germs a pet may have.

Take special care with pets.

A pet can make your child happy. But you need to take special care to protect your child from germs a pet may have.

- Never let your child clean up urine or feces from your pet.
- Keep your child away from cat litter boxes.
- Keep your pet clean and make sure your child's hands are washed after he/she has played with the pet.
- Vacuum or sweep up pet hair.
- Keep your pet healthy by taking it to the vet regularly.
- Call your doctor if your child's skin is broken from a pet bite or scratch.

All children get cuts, scrapes, bumps, bruises and illnesses. Be prepared by keeping your medicine cabinet stocked with basic items.

What should I keep on hand for day-to-day cuts, scrapes, and illnesses?

All children get cuts, scrapes, bumps, and bruises. Children also get colds, sore throats, and the flu. Sometimes children may accidentally drink or eat something that is poison. The best thing to do is be prepared. It is a good idea to have some basic items in your medicine cabinet. Here are some suggestions to get you started. It is always best to check with your child's doctor to see if you need anything else.

Keep on hand:

- Cotton balls
- Sterile bandages
- **Hydrogen peroxide**
- Hydrocortisone cream
- Sun screen
- **Ibuprofen**
- Medicine dosage spoon
- Magnifying lens
- Band-aids
- Adhesive tape
- Antibacterial cream
- **Calamine lotion**
- **Petroleum jelly**
- **Acetaminophen**
- Scissors
- Thermometer
- Tweezers

A list of emergency phone numbers can also be taped inside the medicine cabinet door.

At the end of **Keeping My Child Healthy** is an **Important Phone Numbers** form. Fill in the telephone numbers or make one of your own.



When do I need to call the doctor?

All children get sick from time to time. They get colds, sore throats, the flu, and other illnesses. But when children with **HIV** get these illnesses, it might take longer for them to get better. It is important to know when to call the doctor and when to take your child to the emergency room. Use the following information as a guide to help you decide what to do when your child is not feeling well.

**Call the doctor
when your child is
sick or injured.**



Call your doctor if your child has any of the following problems:

- **coughing** – a new cough, coughing more often, or a cough that keeps your child up at night.
- **pain** – if your child complains of pain, or if your child is too young to talk, he/she acts differently, such as pulling on his/her ears, is restless, irritable, or cries a lot.

(See **Keeping My Child Healthy**, What can I do if my child is in pain? page 2–29.)

- **many nosebleeds or bruises.**
- **vomiting and diarrhea** – if your child is throwing up or having loose/watery bowel movements.
- **fever** – if you think your child is warm, take his/her temperature before calling the doctor. Ask your doctor when he/she wants to be called about a fever. Be sure you have a **thermometer** (ther mom´e ter) at home and know how to use it, read it, and clean it.
- **skin problems** – if your child has sores, rashes, lumps, bumps, redness, or swelling.
- **change in sleeping habits** – sleeping more than usual, hard to wake up, or hard to get to sleep or stay asleep.
- **change in eating habits** – sometimes children stop eating when they have an infection or pain somewhere. Babies who stop sucking or drool a lot may have a mouth or throat problem.

- **losing weight or trouble gaining weight.**
- **loss of skills** – if your child stops doing something he/she could do, like walking or talking.
- **behavior problems** – some changes in behavior are part of growing up, but some may be a sign of illness, **depression** or stress.
- **animal bites or scratches** – if your child's skin is broken from an animal's bite or scratch.

Call 911 or your local emergency number if you think your child is very sick or needs a doctor right away.



When Should I Take My Child to the Emergency Room?

Take your child to the hospital emergency room when you think your child is very ill or needs to see the doctor right away. **Call 911** or your local emergency number to have your child taken by ambulance if he/she has any of these problems:

- **serious breathing problems**, such as unable to breathe, bad wheezing, choking, or unable to catch his/her breath.
- **convulsions or seizures** (arms and legs jerk uncontrollably).
- **bleeding that cannot be stopped quickly.**
- **fever and looks very ill.**
- **fainting** (passing out).



- ### Symptoms
- ✓ Breathing problems
 - ✓ Convulsions/seizures
 - ✓ Bleeding
 - ✓ Fever
 - ✓ Fainting
 - ✓ Unconscious
 - ✓ Serious burns
 - ✓ Deep cut(s)
 - ✓ Head/eye injury
 - ✓ Broken bones/pain

- **unconscious** (cannot wake child up).
- **serious burn(s)**.
- **deep cut(s)** that need stitches.
- **head or eye injuries**.
- **accident or injury** that causes broken bones or a lot of pain.

Call your doctor if your child has been around anyone who has chicken pox, measles, whooping cough, or TB.

What should I do if my child has been around someone with an illness that is easily spread?

Children with **HIV** are at higher risk of getting illnesses because their **immune systems** may not be able to protect them from germs. It helps when children with HIV get their shots (**immunizations**), but more has to be done to protect them.



Call your doctor right away if your child has been around a child or adult who has the chicken pox, measles, or whooping cough.

Your doctor may want to give your child medicine to help prevent the disease or make the **symptoms** milder. This medicine works best if it is given within 1 or 2 days after your child gets near the sick person.

If your child has been around someone who has **TB**, the doctor can test your child. If needed, the doctor can give your child medicine to prevent him/her from getting TB.

What can I do to help my child when he/she is sick?

Call your child's doctor or nurse whenever your child is sick. Be ready to tell:

- when the illness started.
- what **symptoms** your child has.
- how your child is acting.
- if your child has a **fever**.
- if your child is able to eat or drink.
- if another person in the family is sick.
- if you have done anything to treat your child, such as giving **acetaminophen**.

Take your child's temperature.

There are special **thermometers** (ther mom' e ters) to take a child's temperature by mouth, in the ear, armpit or rectum (bottom). Ask your doctor or nurse for the best way to take your child's temperature. Also ask how to use the thermometer, read it, and clean it.

If your child has a temperature higher than those listed below, it means he/she has a **fever**.

Mouth	99.5F
Ear	100.0F
Armpit	99.1F
Rectum (bottom)	100.4F

Be ready to tell the doctor what symptoms your child has and if he/she has a fever.

Learn how to take your child's temperature.



Follow your doctor's directions to lower your child's fever.



WARNING

Do not use rubbing alcohol on your child to lower his/her fever.

To lower your child's fever

Your doctor may suggest things you can do to help lower your child's **fever**.

- Remove warm clothing.
- Set the room temperature between 65-70 degrees.
- Apply cool wet cloths to your child's forehead, arms, or hands.
- Encourage your child to drink lots of fluids.
- Keep your child quiet.
- Give **acetaminophen** or **ibuprofen** (ī bū' prō fen) only if your child's doctor says to use it.

Watch for signs of vomiting and/or diarrhea.

Call your doctor if your child has watery bowel movements – **diarrhea** – or is vomiting. Your doctor will suggest:

- ways to stop the diarrhea or vomiting; and
- ways to prevent your child from losing too much fluid and becoming **dehydrated** (dē hī' drā ted).

What can I do if my child is in pain?

All children have pain at times. Pain may be caused by new teeth coming in, stomach cramps, or infections, such as an ear infection or sore throat. Some children with **HIV** may have frequent headaches, abdominal pain, or muscle cramps. Getting tests and treatments can also be painful, like drawing blood, getting **IV** (intravenous) treatment.

If your child says he/she has pain, believe it.

When children say they have pain, it means they have pain. Very few children lie about pain.

Listen and watch for the signs of pain.

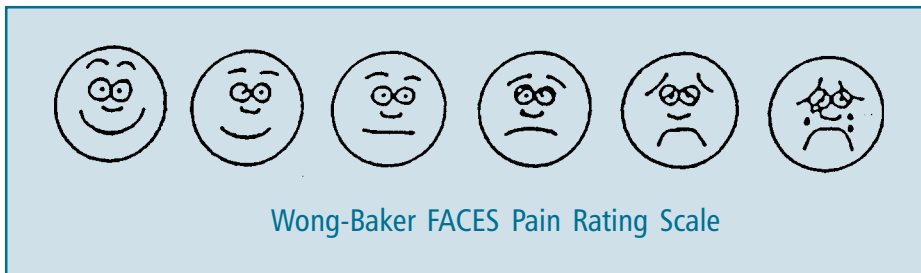
Tell your child's doctor or nurse what you see. Very young children may show they are in pain by:

- being fussy and crying more.
- pulling away when touched.
- crying when moved, held, or lifted.
- making sad twisted faces.
- pulling on ears.
- rubbing an area.
- limping.
- not using an arm or leg.

Take your child's pain seriously. Call your doctor or nurse for advice.

- becoming less playful and active.
- eating less.

For a young child, the faces below may help you find out how much pain your child has. Show your child the faces and ask him/her to point to the one that shows how he/she feels.



If possible, help your child tell nurses and doctors about the pain by answering these questions.

- Where is the pain?
- When did the pain start?
- How strong is the pain?
- Is the pain sharp, dull, burning, aching, or stinging?
- Does the pain come and go, or does it hurt all the time?
- What brings on the pain (such as taking a deep breath, moving a part of the body, having an empty stomach, eating hot or cold food, or drinking hot or cold fluid)?
- Does anything make the pain better?

Help your child deal with pain.

- Ask your doctor for pain medicine that will be safe for your child.
- Lightly rub the skin above or below the pain.
- Try to get your child's mind off the pain by reading stories, listening to music, or watching TV.
- Teach your older child relaxation exercises like deep breathing.

Never tell your child that big boys/girls do not complain or cry about pain.

Never threaten your child with taking him/her to the doctor to get a shot for pain.

Important Phone Numbers

Police: _____ **Fire:** _____

Regional Poison Control Center: _____

(Check the Business Listings of your telephone book, or call your local hospital for a telephone number.)

Your Child's	Name	Telephone Number
Primary Care Physician		
HIV Care Specialist		
Dentist		
Pharmacist		
Case Manager or Caseworker		
Other Health Professional		

If _____

is not at home, call:

Beeper _____

Cell _____

Work _____

Who else to call in an emergency:

Beeper _____

Cell _____

Work _____

If _____

is not at home, call:

Beeper _____

Cell _____

Work _____

Who else to call in an emergency:

Beeper _____

Cell _____

Work _____

If _____

is not at home, call:

Beeper _____

Cell _____

Work _____

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Beeper _____

Cell _____

Work _____

