

# When to Call the Doctor



You might not want to call your child's pediatric primary care provider unless there is an obvious medical emergency. If you feel nervous about asking questions or voicing concerns, you are not alone. Maybe it feels like you shouldn't "bother" your child's provider or the office staff with phone calls. But it's normal to have concerns about illness or your child's development. Asking for help and information is one sign of a good parent.



## SOME THINGS TO THINK ABOUT

- **Ask your provider about their policies.** What's the best way to reach someone in the evenings or on weekends? Your HealthySteps Specialist will also let you know how you can reach them between visits. Post all numbers in your home where you can see them. Then you can access advice after hours if you need it.
- **Know your insurance company's policy for handling medical emergencies.** If it's not clear that you should go to the ER (grave injury, bleeding, child is unconscious), you can call your provider for advice before going to the hospital. You might also consider an urgent care facility.
- **It's better to ask questions and get answers.** Then you will be less worried. It can't hurt to discuss options. That way you can make the best choice for your child and family.

## YOU SHOULD CALL YOUR PROVIDER IF YOUR BABY

- Runs a fever over 100.4 degrees.
- Has diarrhea for two or more bowel movements (different from your baby's normal).

- Has bloody stools or is constipated (no bowel movement for over a week or stool is hard pellets).
- Is “projectile vomiting.” (Vomiting that goes far distances.)
- Has trouble breathing. Is coughing.
- Refuses several feedings in a row. Eats poorly. Gets out of breath with feedings.
- Has fewer than two wet diapers in a day. Has a dry-appearing mouth.
- Shows big changes in behavior or mood.
- Is hard to wake up. Is unusually sleepy or floppy.
- Has a tender, red, or inflamed navel or penis. (These might be signs of infection.)
- Has been crying a lot. Is difficult to soothe.
- Is behaving differently than usual.
- Looks unusual to you or has a skin irritation or rash.
- Has other symptoms that are concerning.



Always call if you have a gut feeling something is wrong.

SCAN FOR MORE INFO

