



MY CHILD IS SICK. WHERE DO I SEEK CARE?



I CAN SUPPORT
MY CHILD AT HOME,
FOR NOW



What to expect:

Symptoms usually peak at day 4 and can often linger for up to 10 days.



Scan here to
find more info on
managing symptoms

CHEO.on.ca/CoughColds

If you have questions about your child's health, call your **primary care provider** or **Health Connect Ontario**

 **811**


I WANT TO SEE or TALK WITH A HEALTH-CARE PROVIDER



EAST OTTAWA KIDS
COVID CARE CLINIC

EAST OTTAWA KIDS CARE CLINIC

eastottawakids.com

 613-566-4470



Kids|Enfants

Come First | avant tout

KIDS COME FIRST CARE CLINIC

cheo.on.ca/KCFCareClinic

For individuals 2 months and older.

If you don't have internet access, call:

 613-737-7600 x4013

Virtual care options



**EAST REGION VIRTUAL CARE
CLINIC**

For all ages.

virtualcareontario.ca

 1-888-684-1999



**RENFREW COUNTY VIRTUAL
TRIAGE AND ASSESSMENT CLINIC**

Services in English only.

Individuals aged 2 years and older.

rcvtac.ca

 1-844-727-6404

**YOUR PRIMARY CARE PROVIDER or
WALK-IN CLINIC**



I'M VERY WORRIED or I CAN'T ACCESS OTHER CARE OPTIONS

SEEK IMMEDIATE CARE IF:

Fever — 38°C (100.4°F) or higher:

- infants less than 3 months old
- children with immune system problems or complex chronic health problems
- child is very sleepy or difficult to wake despite fever medicine

Breathing problems:

- working hard to breathe, breathing faster than normal, pale skin, blue lips
- asthma not responding to usual puffers

Dehydration:

- repeated vomiting and unable to keep any fluids in
- dry mouth
- no urine more than 8 hours



EMERGENCY DEPARTMENT

Children and youth with more serious illness are always treated first. Those with less urgent needs may have much longer wait times.



**I NEED MORE
HELP DECIDING**



CHEO.on.ca/EmergencyCare