Pediatric Cold/Flu Symptoms

For minor respiratory illness in a patient without shortness of breath or wheezing; must have normal respiratory rate and $O_2$ sat.

**History**
- Recent travel
- Duration of symptoms
- Severity of symptoms
- Current influenza/pneumonia vaccination?
- Past medical history
- Medications
- Immunocompromised (e.g., transplant, HIV, diabetes, cancer)
- Sick contact exposure
- Last acetaminophen or ibuprofen

**Signs and Symptoms**
- Warm
- Flushed
- Sweaty
- Chills/rigors

**Associated Symptoms (helpful to localize source)**
- Malaise, cough, chest pain, headache, dysuria, abdominal pain, mental status changes, rash, tachycardia

**Differential**
- Infection/sepsis
- Cancer/tumors/lymphomas
- Medication or drug reaction
- Connective tissue disease (e.g., arthritis or vasculitis)
- Carbon monoxide poisoning
- Meningitis

**Pearls**
- Nasal suctioning and supplemental oxygen are appropriate treatments.

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**Temperature measurement**

- Consider, blood glucose analysis

**P (Pediatric)**

- Consider, IV

- Consider, Cardiac monitor

**Normal Saline bolus**

- Use Broselow Tape; refer to dosing guide
- May repeat x2

**Nausea/Vomiting**

**Altered Level of Consciousness**

**Overdose/Poisoning/Ingestion**

**Notify receiving facility. Consider Base Hospital for medical direction**

**Hypoglycemia**

**Hyperglycemia**