Pediatric Cold/Flu Symptoms

For minor respiratory illness in a patient without shortness of breath or wheezing; must have normal respiratory rate and O₂ 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

Temperature measurement
- Consider, blood glucose analysis
- Consider, IV
- Consider, Cardiac monitor

Consider, Normal Saline bolus
- Use length-based tape; refer to dosing guide
- May repeat x2

Notify receiving facility.
- Consider Base Hospital for medical direction

Pearls
- Nasal suctioning and supplemental oxygen are appropriate treatments.