

RSV, COVID, Influenza Oh My!

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When to go to ED?

▶ Has trouble breathing or lips that turn blue

ls younger than 3 months old and is febrile (38 degrees)

▶ Is no longer able to suck or drink

What to do at home?

▶ Plenty of fluids

Acetaminophen/Ibuprofen for fever – if you can find it

Clear nasal congestion with bulb syringe/nasal saline

No cough/cold medication (especially under age 6)

Acetaminophen for infants/children <12y of age:

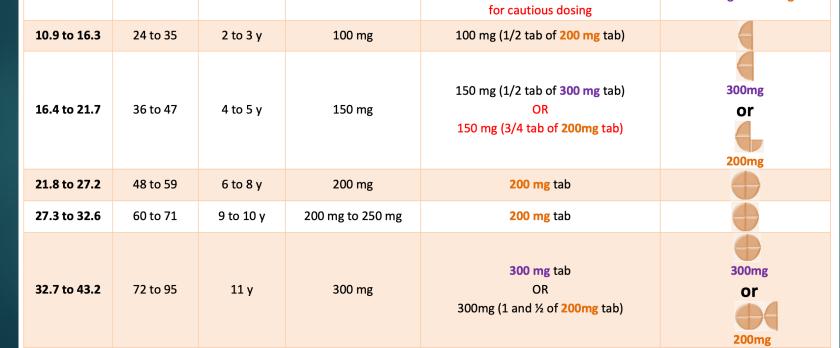
Adult tablets are available over-the-counter as REGULAR 325 mg tablets OR as EXTRA STRENGTH 500mg tablets and can be crushed. ** DO NOT USE EXTENDED-RELEASE PRODUCTS OF ACETAMINOPHEN**

Suppositories are available over-the-counter as 120 mg, 160 mg, 325 mg and 650 mg suppositories.

The following table can be used for dosing. Each dose should be given every 4 hours; maximum of 5 doses a day.

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Kg	Lbs	Age	Usual Dose	Suggested oral tablet option	Proportion of Tablet	Suggested rectal option		
2.7 to 5.3	6 to 11	0 to 3 mo	40 mg	40.62 mg (1/8 tab of 325 mg tab)		40 mg (1/4 of 160 mg supp)		
5.4 to 8.1	12 to 17	4 to 11 mo	80 mg	81.25 mg (1/4 tab of 325 mg tab)		80 mg (1/2 of 160 mg supp)		
8.2 to 10.8	18 to 23	1 to 2 y	120 mg	125 mg (1/4 tab of 500 mg tab) OR 81.25 mg (1/4 tab of 325 mg tab) for cautious dosing	(325mg or 500 mg)	120 mg supp		
10.9 to 16.3	24 to 35	2 to 3 y	160 mg	162.5 mg (1/2 tab of 325 mg tab)		160 mg supp		
16.4 to 21.7	36 to 47	4 to 5 y	240 mg	250 mg (1/2 tab of 500 mg tab) OR 243 mg (3/4 tab of 325 mg tab)	500mg or 325mg	240 mg (2 x 120mg supp)		
21.8 to 27.2	48 to 59	6 to 8 y	320 mg to 325 mg	325 mg tab		325 mg supp		
27.3 to 32.6	60 to 71	9 to 10 y	325 mg to 400 mg	325 mg tab		325 mg supp		
32.7 to 43.2	72 to 95	11 y	480 mg to 500 mg	500 mg tab		650 mg supp		

Ibuprofen for infants/children 6 mo to <12y of age: Adult tablets are available over-the-counter as 200mg, 300mg, and 400mg tablets and can be crushed. ** DO NOT USE ANY EXTENDED-RELEASE PRODUCTS OF IBUPROFEN** The following table can be used for dosing. Each dose should be given every 6 to 8 hours; maximum of 4 doses per day. **Usual Dose Suggested oral tablet option** Age **Proportion of Tablet** 5.4 to 8.1 12 to 17 6 to 11 mo 50 mg 50 mg (1/4 tab of 200 mg tab) 75 mg (1/4 tab of 300 mg tab) OR 8.2 to 10.8 18 to 23 1 to 2 y 75 to 80 mg 50 mg (1/4 tab of 200 mg tab) 300mg or 200mg for cautious dosing 10.9 to 16.3 24 to 35 2 to 3 y 100 mg 100 mg (1/2 tab of 200 mg tab) 150 mg (1/2 tab of 300 mg tab) 300mg 16.4 to 21.7 150 mg 36 to 47 4 to 5 v OR or 150 mg (3/4 tab of 200mg tab) 200mg 21.8 to 27.2 6 to 8 y **200 mg** tab 48 to 59 200 mg



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http://www.edwaittimes.ca/WaitTimes.aspx

*	BC Children's Hospital Patients seen up to age 16	03:09	09:28	
*	Richmond Hospital Patients of all ages seen	03:12	04:24	
*	Lions Gate Hospital Patients of all ages seen	03:06	04:34	
*	Mount Saint Joseph Hospital Patients of all ages seen	02:13	03:19	
*	UBC Hospital (UBCH) Patients of all ages seen UBCH is for mild to moderate illness	04:10	04:23	
*	Southeast Urgent and Primary Care Centre Patients of all ages seen (lab & x-ray offsite) UPCC is for mild to moderate illness	01:04	01:19	