

STAYING HEALTHY DURING THE WINTER MONTHS



MOST COMMON SICKNESSES FOR CHILDREN

- Common cold
- Strep Throat
- Asthma exacerbation
- Ear infections
- Influenza A/B
- Respiratory syncytial virus (RSV)

SYMPTOMS TO LOOK OUT FOR

- Runny Nose
- Congestion
- Sore Throat
- Hoarse Voice
- Low Energy/Fatigue
- Low Grade Fever
- Cough
- Headache
- Sneezing



**IMPERIAL PRIMARY CARE
MEDICAL GROUP
& AFTER HOURS CLINIC**

Sources:
Dr. Jeanette Carpenter, Quan Lam. "When to Take a Child to a Doctor for a Cold:
When Is It Serious." Doctor On Demand, 21 Aug. 2025,
doctorondemand.com/blog/cold-and-flu/when-to-take-your-child-to-doctor-for-a-cold/.
"Manage Common Cold." Centers for Disease Control and Prevention, Centers for
Disease Control and Prevention, www.cdc.gov/common-cold/treatment/. Accessed 30
Dec. 2025.

Tips for Keeping Kids Healthy in Winter

- Boost Immunity with Vitamin Supplements
- Enforce Proper Handwashing Techniques
- Dress Appropriately for Weather Conditions
- Stay Active
- Limit Exposure/Wear a Mask
- Proper Hydration
- Rest When Sick



How do you tell if your child needs After Hours vs. the Emergency room?

Whether you take your child to an After Hours Facility or to the emergency room, it's important to select a location that focuses on pediatric care and knows what's best for your child.

Urgent care visit warrants:

- Mild symptoms like coughing or low-grade fevers
- Child is still able to tolerate fluids and foods
- Breathing is normal
- Common quick testing such as COVID or Strep

ER visit warrants:

- A fever above 104°F that does not go down with over-the-counter medicine. Children younger than 3 months should go to the ER with any level of fever.
- Severe difficulty breathing or blue lips.
- Dehydration, with no urine output for eight or more hours, a dry mouth, and no tears when crying.
- Altered mental status or unresponsiveness.
- Seizures: Some children may have a febrile seizure when their fever rises quickly, often during a viral illness like a cold.



**IMPERIAL PRIMARY CARE
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Our After Hour Services

Open 7 days a week


Weekdays: 5PM-9PM

Weekends and Holidays: 10AM-4PM

Book an Appointment Below



Contact Us!

 (562)-902-3000

 Ipcmed.com

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