

# SICK CHILD?

## MILD

**Symptoms May Include:**  
Low-grade fever, achiness  
Cold symptoms – cough/runny nose  
Nausea /upset stomach

Rest  
Fluids  
Monitor

Call [UPMC CCP](#) for  
24/7 medical advice

**SYMPTOMS  
WORSEN?**

## MODERATE

**Symptoms May Include:**  
Fever for more than  
2-3 days  
Prolonged cough  
Eye drainage

Seek **in-person** or  
[video visit](#) care

**Symptoms May Include:**  
Ear pain  
Sore throat  
Abdominal pain

Seek **in-person** care

### Care Options:

#### Daylight Hours

See your CCP pediatrician during regular business hours. Call the office or use the [MyUPMC](#) or [UPMC Central Pa.](#) portals to schedule an in-person or video visit.

OR

#### Nights & Weekends

Visit [UPMC Children's Express Care](#) when your pediatrician's office is closed. Walk-ins welcome, or save your place in line before you arrive at [CHP.edu/Express](#).

Use our [Save My Spot](#) tool to request an after-hours video visit.

**SYMPTOMS  
WORSEN?**

## SEVERE

**Symptoms May Include:**  
Difficulty breathing  
Poor drinking with signs of dehydration  
Extreme weakness/lethargy  
Uncontrollable pain/discomfort

**SEEK CARE AT  
EMERGENCY  
DEPARTMENT**

**In doubt?** Always start with a call to your [UPMC CCP healthcare team](#) who can quickly get your child to the proper level of care.