

# When to Seek Emergency Care



As parents, knowing when to seek emergency care for your child can be daunting. While many minor injuries and illnesses can be treated at home, specific situations require immediate medical attention. Understanding these scenarios can help you act quickly, ensuring your child's safety and well-being.

Your child should visit an ER if they experience any of the following:

- Trouble breathing
- Coughing up blood
- Blood in stool or vomit
- Blue or purple color to lips, skin, or nails
- Severe chest or stomach pain or pressure
- Severe or ongoing vomiting or diarrhea
- Sudden dizziness, weakness, or change in vision
- Swallowed a foreign body such as a coin, toy, or battery
- Loss of consciousness, confusion, or trouble waking up
- Seizures
- Animal, snake, or human bites
- Severe pain
- Loss of motion or feeling anywhere in the body
- Severe bleeding or bleeding that does not stop after five minutes of direct pressure
- Severe or large burns, or burns of the face, hands, feet, chest, or groin
- Broken bones
- Puncture wounds or deep cuts
- Fever, neck stiffness, and severe headache
- Overall ill appearance

- Fever of 100.4°F (38°C) or higher in an infant younger than 2 months
- Severe dehydration (sunken eyes, not peeing enough, not making tears, or lack of energy)
- Head, spinal cord, or eye injuries
- Signs of an allergic reaction, such as hives, swollen face, lips, eyes, or tongue, fainting, trouble breathing or swallowing, wheezing
- Exposure to poison (follow instructions from the Poison Control Center at 800-222-1222)
- Hot or cold weather emergencies, such as frostbite or heat stroke
- Any confusion, headache, or vomiting after any type of head injury that is ongoing or gets worse
- Serious threats of self-harm

This list is not exhaustive, and other issues may require emergency care. As parents or caregivers, it's crucial to prioritize your instincts; if you believe your child needs immediate medical attention, don't hesitate to head to the emergency room.

Knowing the signs and trusting your judgment are key in an emergency. When in doubt, it's always better to seek care than to wait. For more information about emergency care for your child, including resources and support, contact your child's health care provider or visit [jupitermed.com/pediatrics](http://jupitermed.com/pediatrics).

Your child's safety and health are paramount – being proactive can make a world of difference in an emergency situation.



**The Mastroianni Family Pediatric Emergency Department**

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