



RSV, COVID, Influenza Oh My!

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When to go to ED?

- ▶ Has trouble breathing or lips that turn blue
- ▶ Is 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.**

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.**

Kg	Lbs	Age	Usual Dose	Suggested oral tablet option	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)	
8.2 to 10.8	18 to 23	1 to 2 y	75 to 80 mg	75 mg (1/4 tab of 300 mg tab) OR 50 mg (1/4 tab of 200 mg tab) for cautious dosing	 300mg or 200mg
10.9 to 16.3	24 to 35	2 to 3 y	100 mg	100 mg (1/2 tab of 200 mg tab)	
16.4 to 21.7	36 to 47	4 to 5 y	150 mg	150 mg (1/2 tab of 300 mg tab) OR 150 mg (3/4 tab of 200mg tab)	 300mg or  200mg
21.8 to 27.2	48 to 59	6 to 8 y	200 mg	200 mg tab	
27.3 to 32.6	60 to 71	9 to 10 y	200 mg to 250 mg	200 mg tab	
32.7 to 43.2	72 to 95	11 y	300 mg	300 mg tab OR 300mg (1 and 1/2 of 200mg tab)	 300mg or  200mg

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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	