

Headache

Overview Many things can cause a child to have a headache. Some of the more common causes of headache are

- fever
- illness
- head injury

When to Seek Help You may need to seek medical help if the child says the headache is severe, or if the child has one or more of these other signs

- change in response, trouble walking, or trouble speaking
- seizure
- rash
- paralysis or numbness of an arm or leg
- change in vision
- head injury
- vomiting
- stiff neck

Actions for Headache Follow these steps to give first aid to a child with a headache:

Step	Action
1	Make sure that the area is safe for you and the child.
2	Have the child rest in a quiet room.
3	Place a cool, damp cloth on the child's forehead.
4	If the child responds and can swallow, give the child over-the-counter pain-reducing medicine if the child's parent/guardian or healthcare provider tells you to. Be sure to strictly follow the instructions on the bottle.
5	If the child's headache is severe or if other signs exist, phone your emergency response number (or 911).
6	If the child stops responding, start the steps of CPR if you know how, and send someone to phone the emergency response number (or 911).

DO NOT

Do not give aspirin to a child with fever.

Vomiting

Overview

Vomiting is common in children. There are many causes; most are not serious. Children may vomit because they have

- food poisoning
 - reaction to some medicine
 - appendicitis
 - strep throat
 - illness or injury of the head, neck, or spine
 - poisoning
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When to Seek Help

Seek medical help if the vomiting is severe, or if the child has one or more of these other signs

- fever above 104
 - change in behavior, such as confusion or irritability
 - seizure
 - rash
 - trouble moving or numbness of an arm or leg
 - change in vision
 - head injury
 - blood or black material in the vomit
 - dizziness
 - abdominal pain
 - weakness, limpness, or inability to walk
 - no urination/wet diapers for more than 8 hours
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Actions for Vomiting

Follow these steps to give first aid to a child who is vomiting:

Step	Action
1	Make sure that the area is safe for you and the child.
2	Have the child rest in a quiet room away from other children
3	When the child stops vomiting, only give the child small amounts of clear liquids such as commercially available drinks recommended by the child's healthcare provider.

4	If the child's vomiting is severe or if other signs exist (see above), phone the child's parent/guardian, healthcare provider, or your emergency response number (or 911).
5	If the child stops responding, start the steps of CPR if you know how, and send someone to phone the emergency response number (or 911).

Diarrhea

Overview

Children have diarrhea for many different reasons

- food poisoning
- infection
- reaction to some medicine
- some diseases

When to Seek Help

Seek medical help if the diarrhea is severe, or if the child has one or more of these other symptoms

- fever above 104
- change in behavior, such as confusion or irritability
- blood or black material in the stool
- severe stomach pain
- dizziness
- weakness, limpness, or inability to walk
- no urination/wet diapers for more than 8 hours

Actions for Diarrhea

Follow these steps to give first aid to a child with diarrhea:

Step	Action
1	Make sure that the area is safe for you and the child.
2	Have the child rest in a quiet, cool room away from other children
3	Make sure the child drinks plenty of fluids, such as commercially available drinks recommended by the child's healthcare provider, to keep the child from becoming dehydrated.
4	If the child's diarrhea is severe or if other signs exist, phone the child's parent/guardian, healthcare provider, or your emergency response number (or 911).
5	If the child stops responding, start the steps of CPR if you know how, and send someone to phone the emergency response number (or 911).

DO NOT

Do not give milk products or fruit juices to a child with diarrhea.
