

Sick Plan for Respiratory Infections

Physician/Nurse Practitioner _____

Phone _____

When would my physician/nurse practitioner like to see my child again? _____

When do I start the sick plan?

This plan is to help your child during colds to hopefully avoid the need for antibiotic therapy. Start this plan when your child has symptoms of a runny nose, congestion, and cough. If your child's symptoms worsen after 5 days, or persist beyond 7 to 10 days, please notify your primary physician or specialist as listed above to discuss if additional evaluation or antibiotics are necessary for your child.

Medical Treatments.

Afrin. A nasal decongestant that is available over the counter. Use _____ to each nostril every twelve hours for 3 days only.

Topical nasal saline. Use _____ times daily to each nostril.

Rinse my physician recommends _____

Nasal steroid. _____. Use ____ spray to each nostril ____ time(s) a day.

Inhaler/aerosol therapy.

The order in which the nasal medicines should be provided to your is #1 Afrin for three days only (Allow a 15 minute wait to give the medicine time to work), #2 saline, and finally #3 nasal steroid. After the first three days, stop the Afrin and continue the saline and nasal steroid as directed.

Antibiotic _____

Other testing or procedures.

Blood work _____

Neck x-ray

Computer tomography (CT) of the sinuses

Spirometry

Allergy skin testing

Nasal endoscopy

Sweat test

Adenoidectomy

Sinus tap or balloon sinuplasty

Sinus surgery (FESS)

Biopsy for Primary Ciliary Dyskinesia