

Mayo Clinic Minute: 3 signs your sick child may need to see a healthcare professional

Video	Audio
	While most common colds, flu or other illnesses can be treated at home, Dr. Angela Mattke says parents should watch for these three signs that their sick child may need to see a healthcare professional.
	One: Dehydration.
	"Typically, if they've urinated less than three times in 24 hours, that's concerning for dehydration."
	Two. How is their breathing?
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	"If your child is seeming to be breathing faster, harder or seeming to have some kind of impairment in any way, that's a really good time to call your healthcare team or possibly bring them in."
	"If your child is struggling to breathe, where they can't talk in sentences, that's something more urgent and possibly should be seen in an urgent care or emergency room setting."
	And three. How are they acting?
	"You can have a child who has a fever and is acting fine, running around, eating, drinking, breathing fine. But you can have a child who maybe has a really low-grade fever, but is not as alert, they're not responding to you as well — that is a sign that you should bring them in."
	Dr. Mattke says if your sick child is hydrated, breathing fine and acting normal, but you still have questions, never hesitate to call or message your care team.
	"There's a whole group of people that can help answer questions, from nurses to providers."
	For the Mayo Clinic News Network ...
	"We want to hear from you."
	... I'm DeeDee Stiepan.

