



**ORLANDO HEALTH**  
**VIRAL SYNDROME**  
**DISCHARGE INSTRUCTIONS**

PLACE STAT LABEL HERE

LINE UP PATIENT I.D. LABEL HERE

### What is my child’s diagnosis?

Your child’s illness is most likely caused by a viral infection, what we call a viral syndrome.

### What are viruses?

There are too many viruses to list, but they include the common cold, “stomach bugs” (gastrointestinal viruses), flu, fever without a source (children who have a fever and no other symptoms), rashes and so many others. They are not bacterial infections that can be treated with antibiotics

### When and why do you order tests?

Most children with a fever will have a viral infection, but we are always worried it could be something more serious. That is why we ask so many questions and examine your child thoroughly. We are looking for bacterial infections and infections we can treat. When suspected we may order labs such as urine test, blood test, nasal swabs, throat swabs, or cultures to help us find more serious infections. Surprisingly, medical studies and medical experts in children tell doctors not to order tests when the diagnosis is most likely a virus. Most children with fever, runny nose, cough, vomiting, diarrhea or rash will just have a viral infection which most of the time does not require any testing or antibiotics. This can be very frustrating to you and us, that we cannot give some medicine and make the illness go away quicker.

### How do you treat viral infections?

We only treat a very few viral infections and only under certain conditions. So most children with a viral syndrome will not get any antibiotics, because antibiotics only treat bacterial infections. Again, we do have antiviral medications but they are only used for a very few viral illnesses. We may offer medicine to decrease vomiting or saline drops to help keep your child’s nose open to breathe easier.

### What can you do?

Please keep your child well hydrated and watch for changes that may be concerning to you or us (see next section, “What should you watch for?”). You may or may not choose to treat fever. Fever in itself is not harmful, and some medical evidence supports that fever may help your child fight his or her infection, but if you do decide to treat the fever you may use Tylenol (acetaminophen) or ibuprofen (Motrin or Advil). (Dosing charts for these medications are provided in this brochure).

### What should you watch for?

Any child with a suspected viral syndrome may become sicker or shows signs that the illness is something different or more serious. Please return to the APH Children’s Emergency Department or your doctor if the child develops any of these signs or if you have ANY CONCERNS:

- Floppy
- Fussy / Confused / Agitated
- Poor feeding
- Working hard to breath
- Worsening cough
- Rash that is new
- Stiff neck
- Fever that persist more than 3-4 days

- Signs of dehydrations
  - Decreased urine output
  - No tears
  - Dry lips and mouth
  - Breathing fast
  - Poor color
  - Weak appearing
  - Sunken eyes



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## Antipyretics Dosing Charts (Fever Treatment):

### Ibuprofen Dosage Table (for Fever and Pain)

- Determine appropriate dose based in the child’s weight.
- Do not use under 6 months of age unless directed by a physician.
- Dose may be repeated every 6-8 hours as needed.

Child’s Weight (pounds)	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+
Infant Drops 50 mg/1.25 milliliters (mL)	1.3 mL	1.9 mL	2.5 mL	3.8 mL	5 mL	--	--	--
Liquid 100 mg/5 milliliters (ml)	2.5 mL	4 mL	5 mL	7.5 mL	10 mL	12.5 mL	15 mL	20 mL
Chewable 50 mg Tablets	--	--	2 tabs	3 tabs	4 tabs	5 tabs	6 tabs	8 tabs
Junior-strength 100 mg Tablets	--	--	--	--	2 tabs	2 ½ tabs	3 tabs	4 tabs
Adult 200 mg Tablets	--	--	--	--	1 tab	1 tab	1 ½ tabs	2 tabs

### Acetaminophen Dosage Table (for Fever and Pain)

- Determine appropriate dose based in the child’s weight.
- Do not use in infants under 12 weeks of age unless directed by a physician.
- Dose may be repeated every 4-6 hours as needed.

Child’s Weight (pounds)	6-11	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+
Syrup: 160 mg/5 mL	1.3 mL	2.5 mL	3.8 mL	5 mL	7.5 mL	10 mL	12.5 mL	15 mL	20 mL
Chewable 80 mg Tablets	--	--	1 ½ tabs	2 tabs	3 tabs	4 tabs	5 tabs	6 tabs	8 tabs
Chewable 160 mg Tablets	--	--	--	1 tab	1 ½ tabs	2 tabs	2 ½ tabs	3 tabs	4 tabs
Adult 325 mg Tablets	--	--	--	--	--	1 tab	1 tab	1 ½ tab	2 tabs
Adult 500 mg Tablets	--	--	--	--	--	--	--	1 tab	1 tab

### Web resource we recommend for parents?

[www.healthychildren.org](http://www.healthychildren.org)

Backside of handout:



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## Children's Emergency Department Arnold Palmer Hospital for Children

### Why come to Arnold Palmer Hospital Children's Emergency Department?

- Board-certified Pediatric Emergency Medicine physicians (this requires 3 additional years of training after becoming a pediatrician)
- Certified Pediatric Emergency Nurses
- APH is a teaching hospital and is the only one in Central Florida which teaches pediatric emergency medicine – to have this right to train future doctors and specialist in pediatric emergency medicine we are required to do research, to have high-standards amongst our doctors and staff, and must be certified by national organization to provide this training
- Level 1 Trauma Center
  - Service from pediatric surgery, pediatric orthopedics, pediatric neurosurgery, pediatric anesthesia with immediate availability
  - 24/7 every day of the week
- Child Life Specialist
- Licensed Clinical Social Workers
- Pediatric Respiratory Therapist
- Pediatric Intensive Care and Intensivists
- Orlando's first and longest standing children's hospital
- Easy consultation with nationally-ranked pediatric medical subspecialties such as cardiology, gastroenterology, pulmonary, infectious disease, hematology/oncology, neurology, intensive care,
- Easy consultation with nationally-ranked pediatric subspecialties such as pediatric surgery, cardiovascular surgery, orthopedic surgery, neurosurgery
- APH Children's ED has doctors who stay up to date with current treatments and medicine for your child.

### Please remember:

- We consider it an honor and privilege to have cared for your child
- You may call us anytime for questions – 321-843-KIDS
- We are always here and ready to care for your child and family; this is our passion and mission