

Foster Care to Good Health

So, When Do I Really Have to See a Doctor?

Most common illnesses will run their course without medical intervention, but sometimes you DO need to see a doctor. Here is a checklist for when to do so:

Throat Symptoms

- If your throat is sore for more than 48 hours
- If the inside of your throat is beefy-red (not just pinkish-red), swollen and pus-covered
- If you have been exposed to someone who was diagnosed with strep throat
- If you have a red rash in your throat that feels like sandpaper

Nose and Head Symptoms

- If you have a runny nose for more than 10 days
- If your nasal discharge is green or yellow and lasts all day long
- If you have **severe** facial pain or headache

Cough Symptoms

- If your cough lasts longer than 10 days
- If the cough is severe, if it hurts to cough, or if the cough produces thick, rusty- or greenish-colored mucus
- If you have chest pain when you breathe, or difficulty breathing through your mouth

Ear Symptoms

- If you have severe pain in or discharge from your ear
- If your ear pain lasts longer than 10 days

Fever Symptoms

- If you have a temperature of 101°F or greater, or if your fever lasts more than four days
- If you have shaking chills, soaking sweats, shortness of breath or mental confusion
- If a fever of over 100°F begins **AFTER** the third day of your illness

Abdominal Symptoms

- If you have persistent pain in your abdomen or rectum, or if the pain is localized in one area of your abdomen
- If you have black or bloody stools or vomit, or if your vomit looks like coffee grounds
- If you have more than eight bowel movements in one day