

Why should I take my child to the doctor for regular check-ups?

With regular check-ups your doctor will:

- Get to know your child's medical history better.
- Give your child the best care — when it is needed.
- Give you advice on how to keep your child healthy.
- Give you advice on when to use the emergency room and when to call the doctor **first**.

Avoid the long waits and the crowds in the Emergency Room.

Find help by calling your child's doctor or the health plan's advice line.

How can I keep my child from getting a cold or flu?

You can't always keep your child from getting sick, but here are things that can help:

- **Make sure your child's shots are up-to-date.**
- **Get your child a flu shot if the doctor suggests it.**
- **Teach your child to:**
 - Wash hands for at least 20 seconds after using the toilet and before eating.
 - Avoid touching eyes, nose or mouth.
 - Not share food, drinks or eating utensils.
 - Keep away from others who have a cold or cough.

How can I help my child feel better?

If your child gets a sore throat, cough, cold, or flu, here are things you can do:

- **Make sure your child:**
 - Gets lots of rest and sleep.
 - Drinks plenty of fluids.
- **Use a humidifier or salt water nose drops to help with a stuffy nose.**
- **Ask your doctor if your child needs cold or cough medicine.**

