**Respiratory Illness Protocol**

**Signs of Illness**

Please alert us and document if you notice any of the following signs/symptoms:

* Fever, sweating, shaking, chills
* Runny or stuffy nose
* Cough, congestions, or sneezing
* Lethargic
* Lung sounds:
  + wheezing
  + Crackles are the clicking, rattling, or crackling noises that may be made by one or both lungs of a human with a respiratory disease during inhalation
* Rapid, shallow breathing, and/or belly breathing
* Greenish, yellow, or bloody mucus

**Medications to use/increase:**

Zyrtec

* + give daily at first sign of congestion or extra secretions

Ibuprofen & Tylenol

* + alternate every 3-4 hours for fever reduction

**Illness = Feeding Intolerance & Slowed Gut**

At first sign of illness, slow feed rate to 1 - 1½ hour

* If noticing belly distention, hold or slowdown the next feed, can also start substituting with ½ Pedialyte
* If not tolerating food at all, switch to Pedialyte for 24-48 hours

**Equipment Intervention**

**Suction**

* + Deep suction with rubber catheter to help stimulate a cough
  + Use neo-sucker to clear nasal congestion

**Nebulizer**

* + Saline (PRN, prior to albuterol) helps to break down the mucus
  + Albuterol (every 4 hours) helps loosen and break apart junk in the lungs

**Shaky Vest (Chest Physiotherapy)**

* + Use when sounding junky, congested, or with wet breathing sounds, OR
  + Following each nebulizer treatment
  + Every 4 hours (or every 2 hours if struggling)

**Vital Cough Assist**

* + Replaces an actual cough when kids are struggling/too weak to produce one themselves
  + Use after shaky vest every 4 hours or more if needed
  + 2 cycles of 6 coughs back-to-back, can repeat once after 5-minute break