



We would like to help you care for your baby by sharing ways that can keep your little one healthy throughout the first year!

Conditions	What it is	Signs of Problem	Ways to Prevent this Condition
Cold/Flu	An infection that affects the mouth, nose, and throat. It is caused by a virus.	<ul style="list-style-type: none"> *Colds and the flu can cause a runny nose, cough, sneezing, and sore throat. *Flu can also cause weakness, body aches, and vomiting. 	<ul style="list-style-type: none"> *Do not let anyone smoke around your child. *Ask your child's healthcare provider about a flu vaccine for your child when your child is 6 months or older. *Wash hands often.
Sore Throat	Redness and swelling of the throat.	<ul style="list-style-type: none"> *Drooling *Fever *Trouble swallowing 	<ul style="list-style-type: none"> *Wash hands often.
Ear Infection	Infection in the middle or outer part of the ear.	<ul style="list-style-type: none"> *Fever higher than 100.4° F for an infant younger than 3 months; higher than 102° F for children 3 months to 3 years old *Ear pain for several days *Pulling or rubbing ear 	<ul style="list-style-type: none"> *To help prevent outer ear infections, be careful not to get water in your baby's ear during baths. *Control dust, mold, mildew, and pet hair in the house. *Stop or greatly limit your child's contact with secondhand smoke. *Talk to your healthcare provider.
Baby Bottle Tooth Decay	Rotting of teeth caused by liquids that sit in the baby's mouth (including milk).	<ul style="list-style-type: none"> *Brown or black spots on your child's teeth *Teeth that fail to come in 	<ul style="list-style-type: none"> *Never let your baby go to sleep with a bottle. *Brush your baby's teeth daily. *Begin cleaning teeth and gums as soon as first tooth appears. *Get regular dental check-ups: every 6 months after age 1 year.
Sudden Infant Death Syndrome (SIDS)	Sudden unexplained death of an infant.	<ul style="list-style-type: none"> *SIDS occurs without a warning. 	<ul style="list-style-type: none"> *Do not put an infant on his/her stomach to sleep unsupervised. *Never lay a newborn down to sleep on a pillow, cushion, quilt, waterbed, or sheepskin. *Make sure the space between crib bars is no more than 2 3/8 inches. *Make sure soft toys and loose bedding are not in your baby's sleep area.

**HUSKY Health also offers a
FREE 24-hour/7 days a week Nurse Helpline!
Just dial 1.800.859.9889
and follow the prompts.**