

Pediatric Symptom Checklist

Checklist · 24 items · 8 sections

Knowing when a sick child needs a doctor visit versus rest and fluids can be stressful. This pediatric symptom checklist helps parents recognize common symptoms, track what to report to the pediatrician, and identify warning signs that require emergency care.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/pediatric-symptom-checklist>

FEVER: WHEN TO SEEK CARE

- Temperature above 100.4°F (38°C) in infants under 3 months: go to ER

HIGH

- Fever above 102°F lasting more than 3 days: call pediatrician

HIGH

- Fever above 104°F (40°C) at any age: call pediatrician immediately

HIGH

- Child is difficult to wake or unusually lethargic despite fever

HIGH

DEHYDRATION SIGNS

- No wet diaper or urination for 6–8 hours (dehydration sign)

HIGH

- Dry mouth, no tears when crying, sunken eyes

HIGH

- Refusing to drink any fluids for more than 8 hours

HIGH

BREATHING CONCERNS

- Breathing faster than normal for their age

HIGH

- Nostrils flaring or ribs visible while breathing: effort breathing

HIGH

- Persistent cough lasting more than 3 weeks

- Barking cough with difficulty breathing (croup symptoms)

HIGH

GASTROINTESTINAL SYMPTOMS

- Vomiting more than 3 times in 24 hours
HIGH
- Diarrhea more than 8 times in 24 hours
HIGH
- Blood in vomit or stool
HIGH
- Severe abdominal pain that doesn't improve
HIGH

SKIN SYMPTOMS

- Rash that doesn't fade when pressed with a glass (could indicate meningitis)
HIGH
- Rash spreading rapidly or covering large areas of the body
HIGH

EAR, NOSE & THROAT

- Ear pain, tugging at ears, or fluid draining from ear
- Sore throat with white patches or difficulty swallowing
HIGH

EMERGENCY SIGNS: CALL 911

- Seizure of any type: call 911
HIGH
- Difficulty breathing, bluish lips or face: call 911
HIGH
- Severe allergic reaction: hives, swelling, difficulty breathing: call 911
HIGH

BEFORE THE APPOINTMENT

- Record when symptoms started and how they have changed: bring notes to doctor
- Note any fever readings with time, any medications given and when