

Know before you go

Respiratory Illness (Infants/Children)



Home Care

Generally, if your child is experiencing mild cold-like symptoms, we recommend care at home before coming to the ER or scheduling an appointment with your provider.

Care at home includes: rest, fluids (try Pedialyte popsicles or warm broth for kids who might not be interested in drinking), Tylenol, Ibuprofen (over 6 months), humidifier, nasal suction or saline, A little extra TLC!

Primary/ Walk-In Care

Mild-Moderate Respiratory Symptoms

Contact your pediatrician or visit walk-in clinic if your child:

Has a high fever (above 100.4) and is under 3 months of age, has a fever lasting longer than

72 hours, sore throat and/or ear pain, starts to show signs of dehydration (not peeing regularly), has a cough that gets worse or causes trouble breathing, uncharacteristically refuses to eat, drink, breastfeed, or bottle-feed

Evening and weekend hours.

Plaza Walk-In: 573-883-4408
M-F 8a-6p

Bloomsdale Walk-In:
573-483-2929
M-F 7:30a-7p, Sat-Sun 8a-1p

Call ahead for wait times

Emergency Care

Moderate-Severe Respiratory Symptoms

Take your child to the nearest ER if they are experiencing any of the following serious symptoms:

Heavy breathing where the ribs are easily seen, fast breathing that makes eating/drinking difficult, vomiting all food and drink, dehydration - absence of urine in 8 or more hours, excessive irritability or sleepiness

24 hours/7 days a week

PLEASE DO NOT GO TO THE ER FOR: School or work absence or return to school/work notes, Mild symptoms, but you'd like to test and identify the virus or prove the illness has resolved.

NOTE: You know yourself and your child best! If you have concerns or questions, contact the primary care provider. In case of emergency, call 911 or go to the nearest emergency room.

Free testing sites (for FLU, COVID & RSV) are available through March! Visit: <https://mophep.maps.arcgis.com/apps/webappviewer/index.html?id=8fbc5c6ec64547639b42601ff56eaea3>