

# ABOUT US

The ARCHE and ECHO Research Programs are housed at the University of Alberta. We bring together parents, clinical experts, librarians, researchers, and university trainees to conduct research and co-develop research and arts-based resources for parents and families.

## Dr Lisa Hartling

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We work directly with parents and families in all aspects of our research. Join us as a volunteer advisor!

Our amazing group of parent heroes guide our research. Get in on the action at [echokt.ca/parents-get-involved](http://echokt.ca/parents-get-involved) and join the conversation.

## FIND OUT MORE



Scan the QR code to check out our eBooks, interactive infographics, and animated videos!

SCAN ME



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@echoKTresearch  
@arche4evidence

CONTACT US

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# HEALTH RESOURCES FOR FAMILIES

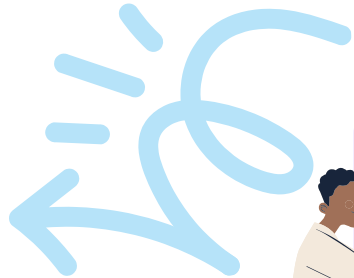


Learn about common childhood illnesses, how to manage symptoms at home, and when to get help.

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# MYTHS & REALITIES



The hottest topics on our site are bronchiolitis, concussion, chronic pain, anaphylaxis, and asthma. Over on YouTube, the top hits are all about fevers, gastroenteritis, and bronchiolitis.

## WHAT DO WE DO?

Our goal is to provide parents and families with easy to understand, reliable, and current health information.

We have over 40 resources for families on common childhood illnesses and symptoms. These eBooks, videos, and infographics are designed to provide families with research-based health information on children's symptoms, how to manage them at home, and when to get help.



All of our resources are available online for free!

There's a lot of health misinformation out there. Our resources are based on the most up-to-date research, so you can be sure they are reliable and accurate.

### START HERE

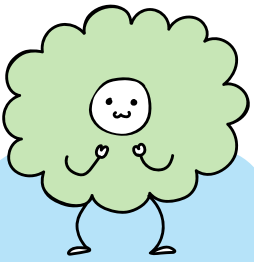
To learn about common childhood symptoms

#### MYTH #1

Bronchiolitis is a bacterial infection in the airways that make it hard for a child to breathe.

#### REALITY #1

Bronchiolitis is a **viral infection**, commonly caused by Respiratory Syncytial Virus (RSV). **Antibiotics will not help your child.** You may give your child Acetaminophen or Ibuprofen to keep your child comfortable.



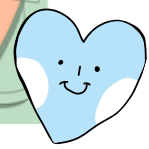
#### REALITY #3

Not all children who are vomiting and have diarrhea need to go to the emergency department. **Watch for signs of dehydration, blood in their poop, and dark-green vomit.**



#### MYTH #2

If your child has a fever, a higher temperature means they have a more serious illness.



#### REALITY #2

**How high your child's temperature is does not tell you how serious your child's illness is.** How your child is acting (sleepy, cranky, etc.) is usually a better sign.

#### MYTH #3

If your child is vomiting and has diarrhea, they need to go to the emergency department.