



## When Your Child Has a Cold

All children get colds, which are caused by a virus. The virus is spread from one person to another by coughing, sneezing, touching a person, or contact with a contaminated surface.

Since cold symptoms vary and there is no one best medicine, the best management is to relieve the symptoms:

- **FEVER:** Acetaminophen, drinking extra fluids.
- **RUNNY NOSE:** Antihistamines or decongestants may help but should be used with caution, especially for young children.
- **STUFFY NOSE:** Same advice as for runny nose. Nasal spray may help.
- **COUGH:** This is a frustrating and difficult symptom to control. Over-the-counter cough medicines and a cool mist vaporizer may provide some relief.
- **SORE THROAT:** Most are caused by a virus, few by strep infection. Throat lozenges and sprays, a cool mist vaporizer, and drinking cool liquids will help relieve the discomfort.

Colds usually last 7-10 days. **CALL YOUR CHILD'S DOCTOR** if your child

- ✓ Has a cold lasting longer than 10 days.
- ✓ Has severe pain in the face or forehead.
- ✓ Has ear pain or drainage.
- ✓ Has a fever above 102 degrees.
- ✓ Has shortness of breath.
- ✓ Has a cough or wheezing that won't go away.

You may wish to consider keeping your child home if he/she is feeling too ill to participate in their school day.