

GUIDE FOR PARENTS

COLDS (UPPER RESPIRATORY INFECTIONS)

Respiratory viruses commonly occur in children of all ages, but most commonly in children under 3 years of age because they haven't formed much immunity yet. This is especially true if they are in daycare or school where they are around other children who transmit the viruses to them. When viruses that cause colds first infect the nose a clear discharge of mucous is produced for the first 1-2 days, then the mucous changes to whitish, yellowish or greenish mix which persists until the body clears the virus and then switches back to clear just before it resolves. Most colds last 10-14 days. It is a myth that if your mucous has color you need an antibiotic. Most colds usually worsen each day until the 5th day is reached, then after the 7th day colds will usually start to improve and clear by day 10-14.

Associated symptoms of a cold are poor appetite, cough, sore throat, headache, achiness, fatigue and fever which is generally between 100.4 and 102. These symptoms usually come in the first 5 days of the cold. Fever lasts 2-4 days on average. This is the body's immune system fighting off the virus and perfectly normal

TREATMENT

All children except those less than 2 months may use Tylenol for fever aches and pains. Children over 6 months may use ibuprofen.

Children less than 4 years can only use homeopathic measures. Vaporizer, Zarbees or Hyland's cough syrup, Rubs for chest, and nasal suctioning with saline before feedings and bedtime. Elevate the head of the bed. Follow product instructions.

Children 4-6 may also try OTC cough and cold remedies with antihistamines, decongestants as well as mild cough suppressants. We advise parents if you don't see much of a difference then stick with homeopathic measures.

Children 6 and above may use OTC medications as they may offer some benefit to symptoms.

When does your child need to see a doctor at the office.

1. Greater than 10 days to 2 weeks of cough or drainage without showing signs of improvement.
2. Fever greater than 102 range, lasting longer than 4 days, fever starting or reoccurring after the 5th day of a cold, or any fever 100.4 or above rectally in infants less than 2 months of age
3. Children who develop pink eye showing red eyes with green drainage from eyes and nose.
4. Children acting very sick which includes vomiting, not drinking, or lethargy when fevers are down.
5. Children crying as though they are in pain
6. Children who develop wheezing or difficulty breathing

Please check with our nursing staff to see how quickly they need to be seen.

