



COUGH AND COLD

Your child will probably have more colds, or upper respiratory infections than any other illness. Most children have at least 8-10 colds in the first two years of life. Colds are caused by viruses and can be spread directly by coughing and sneezing or indirectly by touching your nose or coughing into your hand and then touching a healthy person. Viruses and bacteria are two different causes of infection. Antibiotics kill bacteria, NOT viruses. The best treatment is supportive care. Colds may last up to 3 weeks and coughs may last even longer.

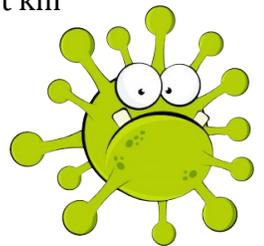
Young infants are susceptible to colds as well. They may become fussy during breast or bottle-feeding because they are nasal breathers, and it is difficult to breathe and eat with a stuffy nose. In this case, let your child take several breaks during feeding to catch their breath when they are fussy. Furthermore, placing a cool mist vaporizer in the room may help loosen nasal secretions and help improve a restless night's sleep. Mucous can be many different colors and darker/green mucous does not necessarily indicate the need for antibiotics. Antibiotics do not kill viruses.

Symptoms of a cold

coughing
sneezing
runny nose
nasal congestion
nose
fever

Treatment

vaporizer or humidifier
steam shower
good hydration
nasal saline drops, and bulb suction out the



Children over 6 months of age can be given an over-the-counter cough and cold medicine every 4-6 hours as needed. Please take a dosage sheet next time you visit the office. Children under 6 months of age should not be given over the counter cough/cold medicines.

Call our office if:

- ❖ fever persists greater than 72 hours
- ❖ fever does not respond to the appropriate dose of Tylenol, Motrin, or Advil
- ❖ labored breathing

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inform and educate and is not a replacement for medical evaluation, advice, diagnosis, or treatment by a healthcare professional.

Parent With Confidence



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