



## THE COMMON COLD

(Upper Respiratory Infection, URI)

As the name implies, the common cold (URI) is a frequent infection. A young child may have one or two colds a month during the winter season. A low grade fever for a day or two is not unusual with a cold. A few days of a green or yellow nasal discharge frequently occurs.

Most colds will disappear within a week or two. The cold remedies listed below will give some temporary relief of the cold symptoms. However, there is no known remedy to shorten the duration of a cold.

A child should be seen in the office for any of the following reasons:

- Fever greater than 101 degrees for over 48 to 72 hours.
  - Green or yellow nasal drainage for over 7 to 10 days.
  - If child complains of earache, child should be seen within 24 hours.
  - If you are uncomfortable with how sick the child appears.
- Any difficulty breathing.

**If you are unsure whether your child needs to be seen, please call us for advice.**

## **MANAGING COLD SYMPTOMS**

Please be aware that all the measures below and on the following page are for temporary improvement of symptoms. None of these measures will alter the course of the cold or shorten the duration of symptoms.

### **UNDER 4 YEARS**

We do not recommend cold remedies in this age group. The over-the-counter medications that are available have not been proven to provide any relief of symptoms and may cause unwanted side effects.

#### **COUGH:**

Vaporizer - Cool mist is safer than steam, but both are equally effective.

1-2 tsp Honey (Cannot be used in children under the age of one)

#### **NASAL CONGESTION:**

You may buy over-the-counter saline nose drops. If you prefer to make the solution yourself, add ¼ tsp. salt to 8 oz. water. Put 1 to 2 drops in each nostril and use a nasal aspirator immediately after using the drops. Repeat every one or two hours as needed.

## **4 YEARS AND OLDER**

We do not recommend combination cold remedies that contain either acetaminophen or ibuprofen. The doses are appropriate for any single product, but taking more than one of these products or taking plain acetaminophen or ibuprofen in addition can lead to accidental over dosage. We recommend using one of the products below for temporary relief of cold symptoms. If your child has pain or fever also, plain acetaminophen or ibuprofen may be given in addition to the cold remedy.

### **COUGH ALONE:**

Delsym (dose on bottle)

OR

Robitussin-DM (dose on bottle)

### **NASAL CONGESTION ALONE:**

Sudafed liquid or tablets (dose on bottle)

Dimetapp elixir (ages 4 to 5: 1 tsp. every 4 hours; age 6 and up: dose on bottle.)

### **COUGH AND NASAL CONGESTION:**

Robitussin-CF (dose on bottle)

OR

Pediacare Cough-Cold (ages 4 to 5: 1 tsp. or 1 chewable tab every 4 - 6 hours; age 6 and up: dose on bottle.)

OR

Robitussin Cold and Congestion - Liqui-Gels or Caplets (dose on bottle). For age 6 and up only.