



## Children's Health

# Colds and Flu

HELP YOUR CHILD FIGHT THEM



Cold or flu—the symptoms are similar; both are caused by viruses and must run their course. The best treatment available is symptom relief.

### COLD SYMPTOMS

- irritability
- restlessness
- sneezing
- runny nose
- red eyes
- sore throat
- dry cough
- lasts four to 10 days

### FLU SYMPTOMS

- cold symptoms
- severe headache
- abrupt onset of fever for two to five days
- pain or burning sensation when moving the eyes
- chills
- muscle aches
- diarrhea
- extreme fatigue
- a dry, hacking cough lasting one to two weeks

### GIVE SOME RELIEF OF SYMPTOMS

- Help your child get plenty of rest so her body can fight off the virus.
- Offer plenty of liquids. Warm liquids will soothe a sore throat, relieve nasal congestion and replace bodily fluids lost during fever perspiration.
- Run a cool-mist humidifier in the room where your child sleeps. This will increase the moisture in the air.
- Limit milk, cheese and other dairy products for a few days. Dairy products can thicken mucus secretions.
- Have your child thoroughly wash his hands frequently, especially after blowing his nose and before handling food.
- Give your child acetaminophen every four to six hours for fever and muscle aches. Don't give aspirin to children under 18 years of age unless directed by their doctor.
- Avoid cold remedies that do everything at once. Treat a stuffy nose with a decongestant; treat a cough with cough medicine, etc.
- Dry, hacking coughs respond to honey in hot water, tea or lemon juice. (Exception: Never give honey to a child under 1 year of age.)
- Cough drops can soothe irritated throats.
- To relieve nasal congestion, use nose drops. You can make your own by mixing one half-teaspoon of salt with one cup of lukewarm water. One or two drops in each nostril while the child is lying on his back, followed by blowing the nose will help congestion.

### CALL THE DOCTOR IF...

- the fever remains at 104°F or higher or persists for more than three days.*
- the glands in the neck become swollen.*
- a whitish coating can be seen on the tonsils or throat.*
- nasal discharge becomes colored (yellow or greenish) after five days of a cold or remains colored after seven to 10 days.*
- your child experiences a persistent earache, cough, chest pain or sinus pain.*
- symptoms get better and then worsen again.*
- your child has a severe headache with a stiff neck, fever, nausea and vomiting.*
- a skin rash appears.*
- one or both eyes become red, and a yellow, pasty discharge holds the eyelids together.*
- your child experiences rapid or difficult breathing.*