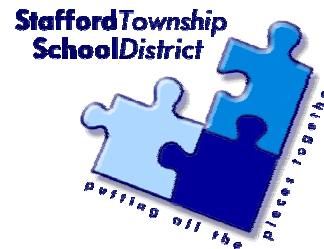


Call the Doctor if you have questions or concerns or if your child has:

- An earache
- Sinus pressure or pain around eyes or head
- A sore throat that lasts more than a day or gets more and more painful
- Fever of 101° or higher that lasts more than 3 days
- Cough that has lasted more than 7-8 days
- Runny nose that has lasted more than 10 days or has a yellow or green color
- Yellow discharge from the eyes

Remember, the cold virus is often spread from direct contact. Wash hands with soap and water often.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy, fit and eager to learn

Caring for a child with a Cold





Caring for a child with a Cold

A cold is sometimes called a “URI” which is short for Upper Respiratory Infection. When your child has a cold, you may see symptoms such as runny or stuffy nose, fever, sore throat, cough, hoarse voice, red eyes, or swollen neck glands

What causes a Cold?

A virus is the cause of a cold. Cold viruses are spread through coughing or sneezing or through direct contact (hand to hand). Colds are not caused by air that is too cold. Colds are not caused by drafts. A child may have 6-8 colds per year.

How is a Cold treated?

There is no medicine that can stop a virus that causes a cold or make a cold go away faster. Colds last from 5-10 days. Fevers related to a cold go away in about 3 days. A cough may last 7-8 days. Medicine may be used to treat cold symptoms. Medicine to help coughing bring up



mucus may be used during the day; medicine to help quiet coughing may be used at night. Ask your doctor about medicine to use for cold symptoms.

To help your child feel better when he/she has a cold:

- Allow for plenty of rest. Have your child go to bed early at night or take a nap.
- Offer fluids often. Your child should drink 1-2 extra glasses of water or juice per day.

- For sore throat or cough:

If your child is older than 4 years, offer your child hard candy or a throat lozenge. Never allow your child to lie down or go to sleep while having hard candy or a throat lozenge in the mouth.

If your child is over 1 year old, offer your child warm liquids like broth, soup or decaffeinated tea.

- Use a cool-mist humidifier in your child’s room. This will help your child breathe more easily. Clean the humidifier according to manufacturer’s directions on a regular basis.
- Teach your child to blow his nose

and wash his hands with soap and water - these are two of the best ways to prevent/treat cold symptoms.

- If your child is old enough to gargle, offer your child warm salt water to gargle. Use 1 teaspoon of salt to 8 ounces (1 cup) of water.



- Wash your hands with soap and warm water often. Have your child wash his/her hands often also. Remember that the cold virus is often spread from direct contact.

ALERT!

Call the doctor right away if your child:

- Has trouble breathing (breathes too fast or has a hard time taking breaths)
 - Begins to act very sick, i.e. sleeps all the time, is not able to drink fluids, complains of more and more pain when breathing
 - Has a fever over 102°
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