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## ***Information on the Common Cold***

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Many children have 2 – 6 colds every year! A cold is caused by a virus. Look for a runny nose, scratchy throat, possibly a cough, watery eyes, loss of appetite and possibly a fever. Symptoms can last from a few days to a week.

### **What can you do to make your child feel better?**

- give plenty of fluids
- encourage rest
- a humidifier may be helpful
- treat any fever with acetaminophen (e.g. Tylenol, Temptra)
- consult your doctor or pharmacist for other medications that will relieve a cough or stuffy nose in children
- antibiotics do not work against viruses

### **How can you prevent the spread of a cold?**

- wash hands frequently (especially after blowing the nose)
- promote a healthful diet and plenty of rest
- keep a child with a fever and/or persistent cough at home.
- consult your doctor if symptoms persist

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*Population and Public Health*