

CONGESTION / COUGH

Symptoms:

- Runny or stuffy nose (drainage may be clear, cloudy, yellow or green – colored drainage does not mean sinus infection).
- Associated symptoms: fever, sore throat, cough, red eyes.
- The average child will have as many as 8 colds per year. Children in daycare setting may get a cold every 2-3 wks during winter.
- *Antibiotics and cold medications will not cure the cold.*

Treatment:

There is no cure for a cold but comfort and support can be offered by:

- Giving acetaminophen for fever or discomfort – see dosing chart.
- Increasing daily fluid intake.
- Using a cool mist humidifier to moisturize secretions (remember to change water daily).
- Raising the head of the bed 30-45 degrees (Infant may sleep in car seat).
- Using nasal saline drops or spray and nasal suctioning for night time cough. Cough is one way the body rids itself of mucous, so unless it is painful or keeping the child awake, do not give cough suppressants – if older than 2 a cough suppressant such as Delsym could be considered to help control the cough at night.

Call 911 if:

There is concern for choking on food or toy and/or color change is noted (bluish lips).

Call immediately if:

Breathing much faster than usual or the child appears very sick.

Call during regular hours if:

- Mild cough/cold has been present for more than 2 weeks (more than 3 days in an infant less than 3 months) or the child is starting to wake up at night from the cough.
- Complaints of chest tightness, wheezing, or coughing so violent that it causes vomiting or bloody mucous.
- Cough associated with fevers higher than 102 degrees F.
- Ear infection (fussy, waking overnight, not eating well) is suspected or any other concerning symptoms are present.

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