Colds, the Flu, and Other Infections



REMEMBER you can call 24 hours a day, 7 days a week.

This advice is for children over 6 months old. If your baby is less than 6 months old, call your doctor.

Colds

Colds have many symptoms all at the same time:

- red eyes and stuffy nose or runny nose
- sore throat and/or dry, hacking cough
- low fevers (100°-102°F) and mild body aches

WHAT TO DO? Make sure your child gets lots of rest and drinks plenty of liquids. Antibiotics won't help. Treat pain or fever with over-the-counter acetaminophen or ibuprofen. If the cold isn't gone in 7 days, call the doctor for an appointment.

THE FLU

The flu has the same symptoms as colds, but worse — higher fevers (102°-104°F), worse body aches.

WHAT TO DO? If your child might have the flu, call your doctor for an appointment. If taken early, anti-flu drugs may help. To prevent flu each year, get your child a flu shot, especially if your child has special health care needs.

OTHER INFECTIONS

Some infections come with a high fever (103°-104°F) and have symptoms in only one spot. For instance, strep throat is a very sore throat without a runny nose or dry cough. A sinus infection is a very stuffy nose with facial pain. Pneumonia comes with a deep, wet cough.

WHAT TO DO? Call your doctor for an appointment. Antibiotics can help some infections. Make sure your child gets lots of rest and clear liquids.





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