



WHAT TO DO WHEN YOUR CHILD HAS A COLD OR THE FLU

(Taken from: Colds and Flu in Children – Tylenol Pamphlet supplied by East Central Health – Community Health Services)

COLD SYMPTOMS IN CHILDREN

Children average more colds than adults, with 6 to 8 episodes per year reported.

In the majority of cases the following symptoms are noted:

-  Runny nose
-  Nasal congestion
-  Coughing
-  Sore throat
-  Sneezing

Severity of the symptoms varies and lasts approximately one week, but may linger for two weeks.

DIFFERENCES BETWEEN A COLD AND THE FLU

Symptoms	Cold	Flu
Fever	Sometimes present, mild: 38-39 C (100.4 – 102.2 F) orally	Commonly present: Greater than 39 C (203.2 F) orally
Headache	Sometimes	Typical
Chills	Typical	Typical
Body aches	Slight to mild	Typical, may be severe
Fatigue, Weakness	Quite mild	Extreme
Runny nose, Congestion	Typical	Sometimes
Sneezing	Typical	Sometimes
Sore throat	Typical	Sometimes
Cough	Mild to moderate	Typical, may be severe
Complications	Sinusitis, Ear infection (Acute Otitis Media)	Bronchitis, Bronchopneumonia

HOW TO CARE FOR A CHILD WITH A COLD

There are no cures for a cold; it will have to run its course in spite of any measures taken. However, you can relieve your child's symptoms quite effectively by choosing an appropriate infant or child cold medication. Here are some tips to keep your child comfortable, but be sure to follow any special directions that your doctor may give you.

- ❖ Maintain a well-balanced diet with good nutritional intake for your child, to help your child's immune system get rid of the virus.
- ❖ Ensure that your child gets plenty of rest and avoids overexertion; bed rest is often recommended if symptoms are severe.
- ❖ Keep your child comfortably dressed, but be cautious of overdressing or using heavy blankets if fever is present because this will prevent the body from cooling down.
- ❖ Increase intake of clear fluids, to help replace water loss and relieve congestion. Encourage your child to drink as many as ten glasses of liquid per day (e.g. juices, water, bouillon, non-caffeinated soft drinks or popsicles).
- ❖ Increase air humidity to relieve congestion and coughing by using cool mist or ultrasonic humidifiers. Remember to clean the humidifier daily to avoid bacterial growth in equipment.
- ❖ When purchasing cold medication, pay special attention to the amount of medicinal ingredients that are age appropriate to relieve your child's specific symptoms. Always read and comply with directions on product label.
- ❖ Know your child's current weight so you can determine the correct dose for weight and age.
- ❖ Remember to take your child's cough/cold medication with you to the provider's home.

PREVENTION TIPS FOR COLDS AND FLU

1. Teach your child to cover his/her mouth and nose with a tissue when coughing or sneezing.
2. Make sure your child washes his/her hands frequently throughout the day when they have a cough or cold.
3. When your child has a cold, remind him/her to keep their hands away from their eyes, nose and mouth as much as possible.
4. Teach your child to throw away the tissue right after it has been used.
5. If possible remind your child not to stand too close to another child with a cold.

HOW ILL IS TOO ILL TO COME TO CARE?

(Taken from Family Day Care: A Caregiver's Guide by Lee Dunster)

A child is likely too ill to come to care if they have:

- ◆ A temperature of 101 F or 38.5 C or over
- ◆ Vomited that morning OR the night before
- ◆ Diarrhea (green or yellow watery stool)
- ◆ A rash that has not yet been diagnosed as ***not*** being contagious
- ◆ Conjunctivitis (pink eye) or any other eye condition where the eye is itchy, red, swollen or oozing
- ◆ Impetigo, ringworm or pinworm
- ◆ A severe cold with fever, runny nose, sneezing or bad cough
- ◆ Any contagious disease.

If you are unsure about what is now listed as a contagious disease, please contact

Camrose Community Health Services: 780- 679-2980

Your family doctor

Health Link Alberta: 1 - 866 – 408 – (LINK) 5465

Website: www.healthlinkalberta.ca

(Disclaimer: This document is only a guide. Please seek licensed medical assistance when necessary)