Cough and Cold Management

What is a cold?

- The cold is an infection that affects your child's throat, nose, and sinuses. Colds are caused by viruses that enter your child's body through their mouth, nose, or eyes.
- Cold viruses are most contagious during the first 2-4 days of symptoms, but your child may continue to spread the virus for up to 2 weeks

Signs and Symptoms

- Runny nose or nasal congestion
- Sneezing
- Sore throat
- Muscle aches, headaches
- Coughing
- Mild fever (101° to 102°F)
- Loss of appetite

When to Call the Doctor

- A fever (>100.4°F) in a child under the age of 1 month
- A fever greater than 103°F, or a fever higher than 101°F that lasts more than 72 hours
- A cough with fast breathing, trouble breathing, or a whooping, whistling, or musical sound when breathing
- A cough that sounds like a bark
- A cough that continues once other symptoms have improved
- Cold symptoms that last greater than 10 days
- If your child has a history of asthma, as colds can often trigger flare-ups
- Complaints of ear pain
- Child is unusually sleepy
- Child stops drinking fluids.

Treatment

- Your child's body will likely fight off the virus on its own. The symptoms your child presents will are the body's way of doing so and are often a protective factor. When your child has a cough, for example, this is the body's way of protecting the lungs from developing pneumonia.
- Use a cool mist humidifier. A humidifier adds moisture to the air, helping your child breathe easier
- Encourage fluids. Fluids help prevent dehydration and can loosen congestion. Warm drinks, such as teas and chicken broth, can help loosen mucus and soothe a sore throat. Cold food items, such as popsicles and Italian ice, can also help soothe a sore throat. Be cautious of dairy-based products, as these can thicken secretions. Your child may have a decreased appetite, which is okay if they continue to drink fluids.
- Use saline nasal sprays to help relieve a stuffy nose
- Encourage rest to help their body fight off the virus.
- Use honey. Honey can thin mucus and ease a cough. **Should only be used for children over the age of 12 months.
- Use of medications:
  - It is best to let the body fight off the infection on its own. When you suppress the symptoms with medication, symptoms may persist for a longer period.
  - Cough and cold medications should only be used at nighttime if your child is having a hard time sleeping, as they need rest in order to recover.
  - Cough and cold medications should not be used in children under the age of 4
  - DO NOT give your child aspirin to treat a fever.
  - Tylenol/Motrin can be used as needed for fever and pain management. If you are giving your child cough/cold medication in addition to Tylenol/Motrin, check the ingredients, as some cough/cold medications contain Tylenol (acetaminophen)/Motrin (ibuprofen

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Prevention

- Teach your child to cough and sneeze into their elbow and not their hand.
- Make sure used tissues go into the trash right away. Remind your child to not leave them lying around.
- Keep your child away from others who are sick.
- Encourage frequent hand washing. Instruct your child on good hand hygiene techniques.
- Remind your child to keep their hands away from their mouth.
- Teach them not to drink after someone who's sick or use the same eating utensils or hand towels.
- Don't allow smoking around your child. Secondhand smoke can make your child more likely to get sick.
- If your child is 6 months or older, it is recommended that they receive the flu vaccine each year.

Tylenol and Motrin Dosing

Weight	Age	Infants Tylenol	Children's Tylenol	Infants Motrin	Children's Motrin
6-11 lbs	0-5 mos	1.25 ml		Do Not Use	
12-17 lbs	6-11 mos	2.5 ml		1.25 ml	
18-23 lbs	12-23 mos	3.75 ml		1.875 ml	
24-35 lbs	2-3 yrs	5 ml	5 ml (1 tsp)		5 ml (1 tsp)
36-47 lbs	4-5 yrs		7.5 ml (1 ½ tsp)		7.5 ml (1 ½ tsp)
48-59 lbs	6-8 yrs		10 ml (2 tsp)		10 ml (2 tsp)
60-71 lbs	9-10 yrs		12.5 ml (2 ½ tsp)		12.5 ml (2 ½ tsp)
72-95 lbs	11 yrs		15ml (3 tsp)		15ml (3 tsp)