

Sniffle, Cough and Fever

3 of the most common symptoms of the typical cold...
...and what will keep you up more nights than any other illness.

URI Facts

- The symptoms of a cold (also known as a URI or upper respiratory infection) include fever, runny nose, cough, sweats, headache, body aches and nausea.
- The symptoms can last 10-14 days.
- The first 4-5 days are the worst.
- Toddlers can get 8-10 colds per year each lasting 2 weeks.

We **DO NOT recommend** cough and cold medicines such as Delsym, Mucinex, or decongestants such as phenylephrine, pseudoephedrine, or phenylpropanolamine. These medications do not help and they have harmful side effects such as decreased respirations leading to pneumonia, increased heart rate and heart arrhythmia, especially for the younger kids.

We **DO recommend** – cool mist humidifiers, saline drops/spray/irrigation, drinking lots of fluids, eating plenty of fresh fruit, rest and time. Pain and fever reducers, such as Tylenol (Acetaminophen) and Advil (Ibuprofen) are okay for treating fevers and body aches. Try to avoid Advil in children under 2 years old because Advil can be very hard on the stomach and the kidneys.

Complications of URI's or "Colds"

- Ear infections – this can happen quickly, **even overnight** and **cannot** be prevented with antibiotics.
- Can lead to pneumonia (lung infection)
- Can trigger asthma, wheezing or reactive airway disease (RAD)

When to be concerned

- When a fever lasts more than 4-5 days with no sign of improvement
- Things get worse the second week instead of better
- Symptoms of dehydration
 - No tears with crying
 - Dry, sticky tongue
 - Less than 4 wet diapers (or urine output) in 24 hours
- Shortness of breath –
 - You can see ribs with every breath,
 - Appears to be panting (like a dog outside in July),
 - Takes multiple breaths to get a sentence or phrase out,
 - Refusing to drink (because of the work needed to breath),
 - Leaning forward to breath.
- New pain – chest, tummy, ear or anywhere
- Fever goes away and then comes back.

If your child has any of these symptoms or you are worried, they need to be seen right away either at our office or the ER.

Call 911 if your child turns blue or is having severe respiratory distress such as extremely rapid breathing, unable to talk due to work of breathing, or child panicking due to inability to breath.