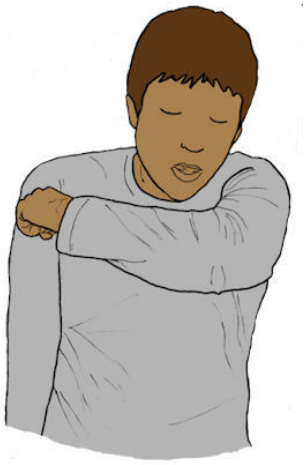
Upper Respiratory Infections in Children

Upper respiratory infection (URI) is the long name for a common cold. An URI can be caused by 1 of more than 200 viruses. *Antibiotics* (medicines that kill germs) will not help cure a virus. An URI spreads easily and quickly.



Your child may:

- Have a runny or stuffy nose.
- Have a sore throat.
- Be cranky.
- Not want to eat.
- Have a fever.
- Have a cough.
- Have a fever.
- Be tired.
- Throw up.

HOME CARE

- Have your child rest as much as possible.
- Have your child drink plenty of fluids.
- Keep your child home from day care or school until a fever is gone.
- Tell your child to cough into their sleeve rather than their hands.
- Have your child use hand sanitizer or wash their hands often. Tell your child to sing "Happy Birthday" twice while washing their hands.
- Keep your child away from smoke.
- Avoid cough and cold drugs for kids younger than 4 years of age.
- Learn exactly how to give medicine for discomfort or fever. **Do not give aspirin to children under 18 years of age.**
- Make sure all medicines are out of reach of children.
- Use a cool mist humidifier.
- Use saline nose drops or bulb syringe to help keep the child's nose open.

GET HELP RIGHT AWAY IF:

- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**
- Your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your child has a hard time breathing.
- Your child complains of an earache.
- Your child complains of pain in the chest.
- Your child has severe throat pain.
- Your child gets too tired to eat or breathe well.
- Your child gets fussier and will not eat.
- Your child looks and acts sicker.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your child's condition.
- Will get help right away if your child is not doing well or is getting worse.

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