Upper Respiratory Infections (Cold)

A viral respiratory infection is also known as a cold. The symptoms can include runny or stuffy nose, fever, sore throat and cough. Many different viruses can cause colds. **Antibiotics are not helpful in colds unless there is a secondary bacterial infection such as an ear infection, sinusitis, or bronchitis**. Treatment to relieve cold symptoms include:

- Bed rest.
- Increase fluid intake.
- Use a vaporizer.
- Use oral decongestants and throat lozenges.
- Use nose spray decongestants (Do not use for more than 3 days).
- Take over-the-counter medication for pain and fever as directed by your caregiver.
- To prevent the spread of colds to other family members, wash your hands often, especially after coughing or touching your nose or mouth. Use disposable tissues instead of handkerchiefs.

CALL YOUR CAREGIVER IF:

- You or your child has an oral temperature above 102° F (38.9° C).
- Your baby is older than 3 months with a rectal temperature of 100.5º F (38.1° C) or higher for more than 1 day.
- You develop symptoms that make you feel that something more than a cold has developed.
- You have a headache or cough that lasts for more than 3 days.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have severe pain.
- You develop lightheadedness or have a fainting episode.
- You have chest pain, chest pressure, or shortness of breath.
- You have repeated vomiting and/or diarrhea.
- You or your child has an oral temperature above 102° F (38.9° C), not controlled by medicine.
- 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.**

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