

May have fever, malaise, fatigue, sore throat,

RE-EVALUATION IN THE OFFICE NEEDED IF ANY OF THE FOLLOWING OCCURS:

Any fever after day 5 of illness

Fever that returns after being gone for 2 days

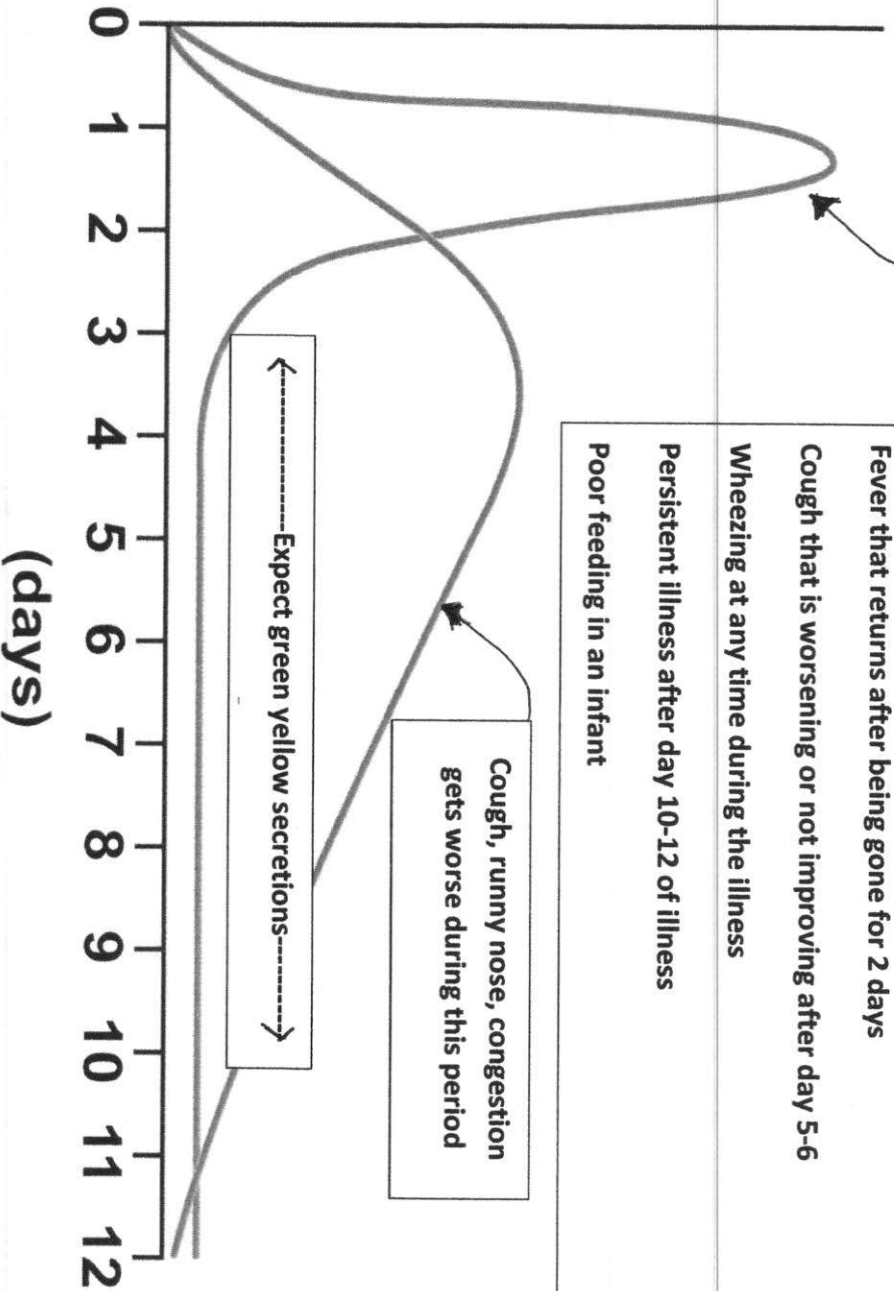
Cough that is worsening or not improving after day 5-6

Wheezing at any time during the illness

Persistent illness after day 10-12 of illness

Poor feeding in an infant

Severity



Uncomplicated Viral URI

Colds or upper respiratory infections are caused by viruses. Antibiotics do not work against viruses. Treatment of viruses consists relieving the symptoms, while the body's natural defenses cures the virus over a period of 5-10 days. The following "treatments" help control the symptoms associated with a virus.

To relieve a sore throat:

1. Suck on lozenges if over 5 years old or lollipops under adult supervision if younger. This will soothe the throat. You may also use ice chips.
2. If your child can gargle, mix a mixture of 50% honey with 50% lemon juice, have them gargle then swallow this mixture it will get further down in the inflamed passages. The lemon juice cleanses the area while the honey coats it.

Fever or Pain:

_____ml acetaminophen (160 /5ml) every 4 hours OR

_____ml ibuprofen 100 mg/ml - if over 6 months of age

For secretions /congestion that may produce cough as those secretions drip down the back of the throat:

Plenty of lukewarm water or tea

Cool mist humidifier - clean daily

Vicks vapor rub

Cough drops - If your child is over 5 years of age - lollipops if younger than 5 years

Honey if your child is over 1 year of age - if less than 1 year may use corn syrup thinned with a little water

Normal saline nose drops for all ages. For infants you may use aspirator, but the drops alone will help keep passages clear.

Over the counter medications:

- Afrin nasal spray – 1 spray each nostril twice daily for **no more than 3 total days**
- Benadryl _____ml 12.5/5ml syrup every 6-8 hours for cough / congestion
- OTHER: _____

NO SCHOOL /DAYCARE ATTENDENCE UNTIL NO FEVER (TEMP >100) FOR A FULL 24 HOURS WITHOUT USING TYLENOL OR MOTRIN

REFER TO THE CHART ON THE BACK. IF YOUR CHILD IS NO FOLLOWING THIS CHART, I.E. COUGH NOT GETTING BETTER AFTER DAY 5, FEVER COMING ANY TIME OTHER THAN IN THE FIRST FEW DAYS OR COUGH LINGERING GREATER THAN 12 DAYS YOU NEED TO COME BACK TO THE OFFICE FOR EVALAUTATION AND POSSIBLE FURTHER TREATMENT