

# NIPAWIN HOSPITAL

## COMMON COLD

### DESCRIPTION:

- Colds are very common
- Most children have several a year
- Sometimes, a child with a cold appears very sick with:
  - high fever
  - lack of energy and loss of appetite
- Most often a cold results in less severe symptoms such as:
  - coughing
  - sneezing and a runny nose
- Occasionally a cold can lead to complications such as:
  - ear infections
  - pneumonia
- Colds are caused by viruses and so cannot be treated with antibiotics
- Colds are easily spread from person to person through:
  - the air, whenever a child with a cold coughs or sneezes.
  - direct contact, whenever a child with a cold touches his or her saliva or runny nose and then touches another child.
  - indirect contact, whenever a child with a cold touches his or her saliva or runny nose and then touches an object, such as a toy or furniture.
  - another child may then catch the cold by touching the object as cold germs can live on objects for hours.

### THINGS PARENTS CAN DO:

- If your child has a cold try to wash your own hands and your child's hands after wiping his or her nose, especially before you prepare or eat food.
- Keep in mind that colds cannot be treated with medication, so there is little your physician can offer. However, other more serious infections can start out as a cold.
- Contact your physician if your child shows any of the of the following signs:
  - earache
  - fever higher than 39°C (102°F)
  - excessive sleepiness
  - excessive crankiness or fussiness
  - skin rash
  - rapid breathing or difficulty breathing
  - persistent coughing
- Your child may continue attending the child care facility if feeling well enough to take part in the activities.

In winter having a cold need not restrict the child from playing outdoors