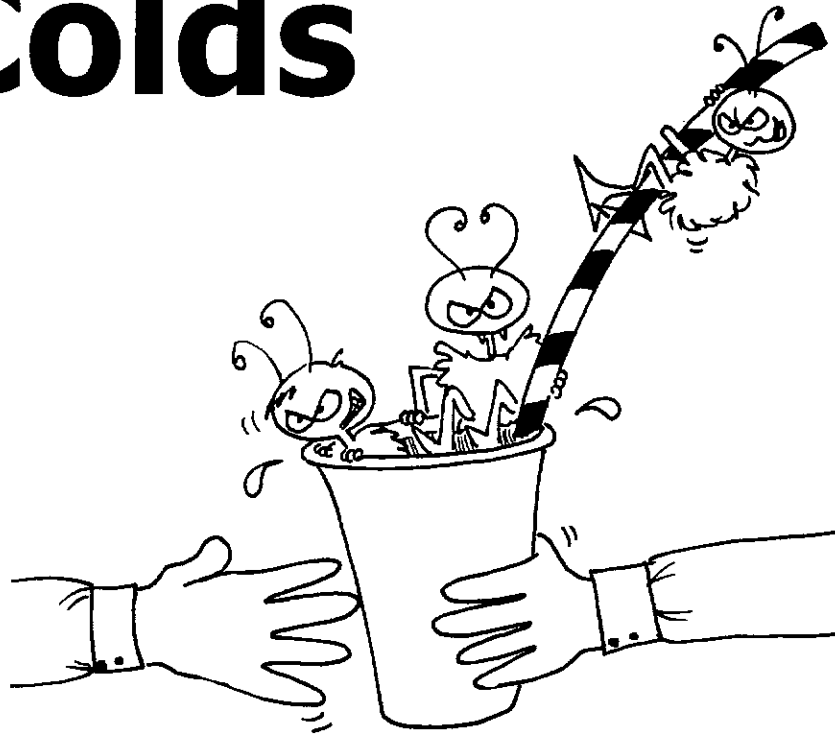


Colds



Colds, runny noses, or “sniffles” may be caused by bacteria, viruses, allergies, or smoke.

Colds can be spread by sharing eating or drinking containers of someone with a cold, playing with their toys, or just being near them. Colds are not caused by being outside in cold weather.

If a child has a mild cold, it is okay for him to go outside if he feels like it.



COLDS

Runny noses, “sniffles,” or colds may be caused by bacteria, viruses, allergies, or breathing cigarette smoke.

Respiratory diseases such as colds are spread by eating or drinking after someone with a cold, playing with his toys, or just being near someone who has a cold. Being outside in cold weather will not cause a cold.

Colds and flu are caused by a virus. This means antibiotics and other medicines cannot cure your child. However, your doctor may recommend medication such as acetaminophen or ibuprofen to help your child feel better. Do not give aspirin to children! A cool mist humidifier may make breathing easier.

Sometimes a cold can cause a sinus infection or ear infection. This means there are bacteria causing these problems. If your child has yellow or green mucous, complains of ear pain, or has a fever, call your doctor. Your child may need an antibiotic.

Do not take your child to school or childcare if he has a fever. If your child has a fever, he probably has a contagious disease. This means other children can get the disease from your child.

Lots of rest and healthy food will help your child get well. If your child has a mild cold, it is okay to play outside if he feels like it.