

COMMON COLDS

“We Worry About What a Child Will Become Tomorrow, Yet We Forget That He Is Someone Today” - Stacia Tauscher



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For More Info:

<http://www.cdc.gov/getsmart/campaign-materials/print-materials/factsheet-runnynose.html>

<http://www.southernnevadahealthdistrict.org/health-topics/cold-flu.php>

NO ANTIBIOTICS NEEDED



Common Cold

- In the first 2 years of life, a child can have 8-10 colds per year and a daycare going child can have even more.
- Typical cold season is from late Aug/Sep to Mar/April

Causes:

- Children are more indoors during cold season and are in close contact to each other
- Many cold viruses thrive in low humidity, which also makes the nasal passages drier and more vulnerable for infection
- Common cold is caused by viruses which are transmitted by airborne droplets, direct contact with infected nasal secretions.
- Symptoms are runny nose, mild fever of 101, sneezing, sore throat and cough which can last for 7-10 days.
- Supportive measures like cool mist vaporizer/humidifier saline suctioning the nose and adequate hydration is the only treatment needed.

DID YOU KNOW

Myth: Going outside in cold weather, not wearing a coat, wet hair causes cold.

Fact: Common Cold is caused by viruses which circulate more in cold weather season