**UPPER RESPIRATORY INFECTION (URI)**
Current Anticipatory guidance Recommendations and Education (CARE)

**What is a Upper Respiratory Infection (URI)/Cough?**
- URI is the same as the **common cold** in children. It is an infection of the nose and the throat.
- Children frequently get Upper Respiratory Infections or URI’s with nasal stuffiness, runny nose
- Cough, congestion, ear pain, sneezing, and sore throat may also occur
- Body aches and headache are common in children
- These infections are caused by many different types of **viruses**

**What should I expect?**
- Children may or may not have a fever with these symptoms
- **Fever is a normal healthy response** to get rid of infection
- **Coughs is the natural way to get mucus out of the lungs**
  - This may be hard to control and is sometimes worse at night especially when lying flat
  - Nose stuffiness may sometimes make kids breathe faster or seem to have trouble breathing
  - Children may not want to eat or drink as much as the normally do
  - Antibiotics do not cure URI or cough because they do not treat viruses
  - Breathing treatments sometimes help and may be tried in the emergency department and sent home with you if they are helpful
  - These symptoms can spread and may be passed around the house easily

***Did you know?***

**TYLENOL** = **ACETAMINOPHEN**
**MOTRIN, ADVIL** = **IBUPROFEN**

Many medicines have more than one name, generic and brand name. Generic and brand work the same.

Ibuprofen/Motrin may only be given to children over 6 months

**What can I do for my child?**
- There is no cure for a URI but our bodies fight off viruses within a few weeks
- The best way to get better is to treat fevers, rest, and drink well
If your child has a fever or discomfort, treat the fever with Acetaminophen and Ibuprofen (6 months or older)
- Make sure they stay hydrated. Your child may not want to eat like normal but make sure they are getting plenty of fluids like water, and electrolyte solutions like Pedialyte
- Drinking well is more important than eating well while children are sick
- Children’s cough and cold medicines are not recommended and are often too strong for children. They should not be given to kids under 6 years and may cause more problems.
- Nasal saline drops may help congestion and can temporarily help symptoms
- Suctioning with a bulb may also be helpful in babies. This is like good nose blowing in older kids.
- Humidifiers may help in the bedroom as well but be sure they are clean without mold or dirt in filters
- Hand washing is very important and helps prevent spread of illness
- Your child may return to school when fever is improves

How long with my child be sick for?
- Your child may have a cough or runny nose for several days (up to about 10 days)
- If antibiotics or breathing treatments were prescribed they should be continued and finished
- If your child has a fever it should go away in 2 to 3 days
- Sometimes kids catch one cold after another and it seems like the cough and congestion lasts for a long time. This is common especially for kids in day care.

When should I get immediate attention?
- All kids should follow up with their regular doctors a few days after being in the Emergency Department
- If your child has worsening pain or fever lasting more than 5 days in a row
- If your child is unusually fussy or irritable and does not get better with fever treatment and is difficult to calm down.
- If your child is unusually tired and does not wake up well after fever treatment
- If our child is not acting normally with treatment
- If your child shows signs of dehydrated with no wet diapers in more than 8 hours, cries without tears, has a dry mouth or refuses to drink
- If your child has a seizure or stiff neck