

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

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

Did you know?

ANTIBIOTICS DON'T TREAT VIRAL INFECTIONS.

Overuse of antibiotics can make future bacteria infections more difficult to treat.

- 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