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|  |  | Upper respiratory tract infection (Common Cold)Upper respiratory system involves the nose, sinuses and throat. Most children will experience 6 or more colds per year. |
| Contact**PHONE:****763-333-7733** *24-hour access to care***FAX:****763-333-7711****WEBSITE:****childandteenmedicalcenter.com****EMAIL:****info@childandteenmedicalcenter.com**LOCATIONS:**Blaine:**11107 Ulysses Street NE, Suite 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNP Molly Wirtz, CNP |  | WHAT to Expect:* Sneezing
* Stuffy nose or runny nose
* Cough
* Mild fever
* Sore throat
* Symptoms usually resolve within 5-7 days and do NOT need antibiotics

IMPORTANT TO KNOW:* Colds are caused by many different viruses that are spread through laughing, talking, coughing or sneezing; touching things that have mucous on them and then touching your eyes, nose or mouth
* Babies breathe through their nose, so a stuffy nose creates difficulty with eating or sleeping
* Interventions to try at home:

-Humidifier or cool mist vaporizer to help thin mucous-Children >1 year old you can raise the head of the bed to prevent mucous buildup-Encourage extra fluids-Children >6 years old can use certain over-the-counter cough/cold medications-Nasal saline and suctionWHen to call the clinic:* Difficulties breathing: faster or shallower
* Poor intake (fluids)
* Decreased urine output
* >100.5 F in child 6 months or younger
* >100.5 in child >6 months for longer than 3 days

Medication Dosages for Current Weight ( )Acetaminophen (Tylenol): every 4-6 hoursIbuprofen (Motrin or Advil): every 6 hours |