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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 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin 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 suction WHen 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 hours  Ibuprofen (Motrin or Advil): every 6 hours |