

# YOUR CHILD'S COLD

Your child's cold does not need an antibiotic.

## Signs of a cold:

- Stuffy or runny nose (drainage from nose can be clear, yellow, or green)
- Sore throat
- Fever
- Cough (usually at night and in the morning)
- Watery eyes
- Feeling tired/being fussy
- Headache

## What you can do at home:

- Allow extra sleep/nap time
- Provide lots of fluids
- Saline nose drops (available at a drug store) may help with a stuffy nose
- Give acetaminophen or ibuprofen as needed for pain or fever
- Cool mist vaporizer or warm steam in a bathroom
- Keep your home smoke-free

## Call your doctor if your child has:

- Stuffy or runny nose lasting 10-14 days without improvement
- Fever that goes away and returns a few days later
- Coughing during the day
- Facial pain
- Tooth pain
- Ear pain

## Get Smart about Antibiotics!

Illness	Usual Cause		Antibiotic Needed?
	Virus	Bacteria	
Cold	X		No
Bronchitis	X		No
Sore throat	X		No
Ear infection		X	Sometimes

**There's no excuse for overuse!**