

WELLNESS REMINDER FOR PARENTS

Colds (upper respiratory infections) are caused by viruses and are quite common during the winter months. If your child develops a cold with a persistently runny nose and cough, he/she should be kept at home in order to recuperate and to prevent the spread of germs to others. A child who is ill has difficulty learning.

Children with a fever above 100 degrees are sent home. Please monitor the temperature at home. The child may return to school after he/she has been fever-free for 24 hours without aid of medication.

While there is no cure for the common cold, there are many measures you can use to keep your child comfortable at home while recuperating:

- Have your child engage in quiet activities such as reading, coloring, watching TV, etc.
- Offer your child a light diet that includes little or no milk/milk products.
- Encourage your child to drink clear fluids such as broth, juice, soda, jello and ice pops. It is more important for your child to drink fluids than to eat when sick with a cold/fever.
- Check the temperature every few hours; if over **100o F.**, you may want to give a **nonaspirin** medication to reduce the fever. Consult with your physician regarding dosage.
- For a cough, give lots of clear fluids. An over the counter cough expectorant will help your child to cough up mucus. Ask your physician to recommend one.

You should take your child to the physician for any one of the following:

- Earache – especially one that awakens him/her in the middle of the night.
- Cough – coughing up green or yellow mucus; wheezing; barking cough; any sign of difficulty breathing; cough that is accompanied by fever.
- Sore Throat – painful swallowing; inability to eat; bright red throat; swollen tonsils or with pus; sore throat that is accompanied by fever.
- Headache – whenever fever is present, headache is common. Consult your child's physician if headache is not relieved by a **non-aspirin** pain reliever, is associated with nausea or sensitivity to light.
- *Fever – any fever (100o F and above) that does not go down with a non-aspirin medication or lasts more than two days.

Medication may be given in school only to those children who have a Medication Authorization form signed by both the parent and the physician.

*As per www.cdc.gov