



## Information for Parents

# Upper Respiratory Tract Infection





The illness only usually lasts a few days, but during this time you child may have some of the following symptoms;

- Temperature
- Cough
- Snuffly nose
- Sore throat
- Sore Ears
- Listless

Loss of appetite

Upper respiratory tract infections are very common. Children tend to get more of these infections as they haven't yet built up immunity to many of the viruses that cause colds.

### **How can you help?**

- Giving regular Paracetamol and ibuprofen (if safe) to relieve any pain such as earache or a sore throat.
  - Giving extra drinks to sooth coughs and sore throats and to replace fluids lost through a high temperature and sweating.
  - Trying to keep your child calm and cool.
  - Try not to worry too much about your child not eating much, as long as they are drinking it won't do much harm.
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## Treatment

The doctor will not normally give your child antibiotics to take as the infection is almost always caused by a virus, which cannot be treated with this type of medicine. However if there are signs that your child has an ear infection the doctor may choose prescribe antibiotics for a few days. It is important to encourage rest and offer plenty of fluids. Regular pain relief which will work for a temperature such as Paracetamol and ibuprofen is also recommended. Cough medicines are not recommended as children need to be able to cough any excess mucus up and cough medicines prevent this. Instead, soothe your child's cough with cold drinks. Saline drops can help loosen the mucus. Often a humidifier in the room can also help loosen the mucus, and may be beneficial at night times.

After a few days, your child should have fully recovered. If you are worried that s/he is no better, go back to your family doctor as soon as possible or ask your health visitor for advice.

**Do remember that smoky places can be harmful, so it's best to avoid them.**

You may find the table across useful to keep track of when medications are being given.

| Time | Medication Given |
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**Nightingale Ward:**

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