

## **Upper Respiratory Infection (URI) in Children**

### **URI Facts**

- Cold caused by a virus that can settle in the nose, throat or lungs.
- The average length is 3-14 days.
- Antibiotics do not work against the virus.

### **How to care for a child with a URI**

- Keep your child indoors during the cold weather.
- Increase the humidity or moisture in your child's room.
- Use cold mist rather than the steam type.
- If you cannot get a humidifier or vaporizer, place a pan of water next to your heating vents or radiators.
- Have child drink plenty of fluids.

### **Do Not:**

- Give your child an enema or laxative to "workout" the cold.
- Use left over antibiotics or medicine prescribed for other people.
- Use over-the-counter drugs on children under 6 months of age.
- Force your child to eat solid food or drink full strength formula or milk.

### **Prevention**

- Keep your child's hands washed and clean.
- Use tissues rather than handkerchiefs.

### **Call your doctor if your child has the following symptoms:**

- Fever more than 101 degrees longer than 3 days.
- Difficulty breathing.
- Pale or blue lips and skin.
- Listless or very irritable.