

VIRAL UPPER RESPIRATORY INFECTIONS

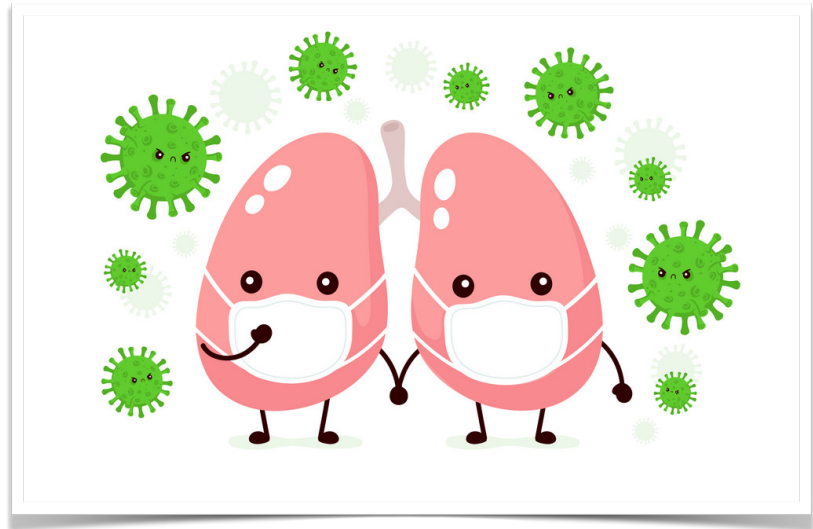
How to manage viral infections at home

What Are Viral Infections?

- Colds and most coughs and sore throats are caused by viral infections.
- Using antibiotics when they **are not necessary can cause more harm than good.**
- **Antibiotics do NOT cure viral infections**

Signs & Symptoms

- Runny or stuffy nose
- Coughing
- Sore throat
- Sneezing
- Water eyes
- Fever
- Chills/Fatigue




How can I help my child feel better?

- **Rest**
- **Fever management:** If your child has a fever (38°C or 100.4°F or greater), please treat the fever based on their **weight**. Treating the fever will allow your child to feel more comfortable.
- **Sinus rinses & suctioning:** to help improve mucous in the nose as well as mucous drainage into the throat, suctioning of mucous from the nose and/or saline rinses can be beneficial.
- **Hydration:** Staying well hydrated with fluids is important. Evidence does show that temporarily reducing dairy products can improve mucous production.

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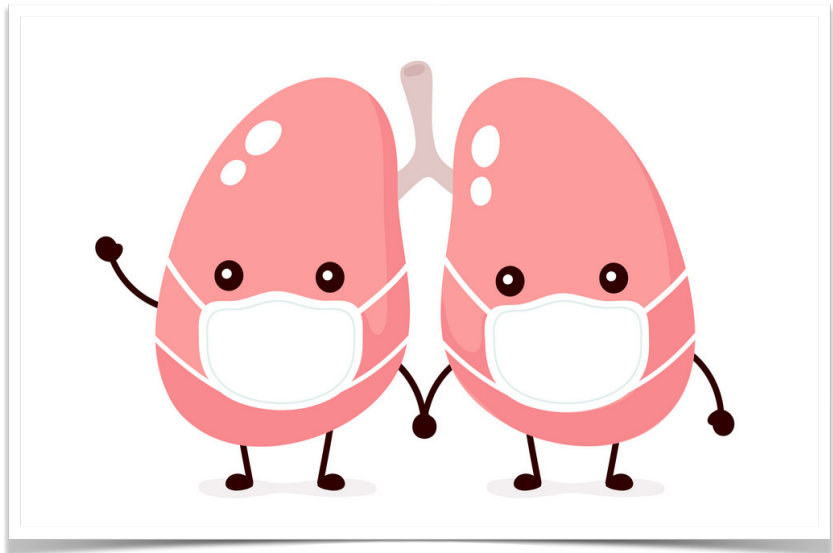


Reasons To Call

- **If your child is less than 3 months of age please call the office for any medical advice**
- Fever not responding despite adequate treatment
(remember, dosing is done based on your child's weight not age)
- Fever persisting for 5 days 
- Breathing concerns such as: shallow breathing, breathing fast, bluish colour of lips/ fingernails, breathing associated with skin between the ribs or below the throat pulling in with each breath
- Worsening cough (e.g. work of breathing, or new fever after symptoms were initially improving)

How Can I keep My Family From Getting Sick?

- Good hand hygiene
- Physical distancing, when possible
- Improved ventilation, if appropriate
- Teaching your child to sneeze/ cough into elbows
- Wipe down commonly used surfaces, and don't forget the toys



What to Expect?

- Viral infections take time to get better
- Your child's appetite may decrease, and that is OK as long as they are drinking fluids
- The colour of mucous secretions does not necessarily mean an infection is bacterial. With any infection (viral or bacterial) your body produces an increased amount of mucous that can be a variety of colours.
- It is normal for symptoms of viral infections to last up to 14 days, sometimes longer
- It is not unusual for a post-viral infection cough to last up to 3-6 weeks
- Antibiotics will not affect the duration of symptoms for a viral infection

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