Information on the Common Cold

Many children have 2 – 6 colds every year!
A cold is caused by a virus. Look for a runny nose, scratchy throat, possibly a cough, watery eyes, loss of appetite and possibly a fever. Symptoms can last from a few days to a week.

What can you do to make your child feel better?
• give plenty of fluids
• encourage rest
• a humidifier may be helpful
• treat any fever with acetaminophen (e.g. Tylenol, Tempra)
• consult your doctor or pharmacist for other medications that will relieve a cough or stuffy nose in children
• antibiotics do not work against viruses

How can you prevent the spread of a cold?
• wash hands frequently, especially after blowing the nose, in warm, soapy water
• cover your cough
• promote a healthful diet and plenty of rest
• keep a child with a fever and/or persistent cough at home
• consult your doctor if symptoms persist

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