

ILLNESS AND FEVER IN CHILDREN

It is common for young children to have 8-10 (or more) colds each year. Children commonly experience fevers with colds – this is the body's way of fighting off the illness.

Most children will get better within 1-2 weeks. Make sure your child gets lots of fluids and rest. Tylenol or Advil can be used to treat fevers, and saline nasal sprays can help with congestion.

You should have your child assessed by a doctor if your child:

- is breathing rapidly or seems to be working hard to breathe
- has a very hoarse voice, cannot talk or complains of a very sore throat
- skin color changes to grayish-blue or very pale
- is much sleepier than usual, doesn't want to feed or play, or is very fussy and cannot be comforted
- has fever that lasts longer than 5 days OR is higher than 102F (39C) by mouth or ear and you cannot bring it down after 1 or 2 days

