



COMMON COLD

COMMON CHILDHOOD AILMENTS

SYMPTOMS

Symptoms can include a runny nose, a blocked nose, sneezing, sore throat, a cough, a feeling of unwell, husky voice and feeling tired. You may also have earache and achy muscles.



INCUBATION

Colds are caused by viruses and can be spread easily. You are infectious until your cold has gone. This can take between 1 and 2 weeks.



TREATMENT

Drink plenty of fluids to avoid dehydration. Take paracetamol to help with the pain and discomfort. Use tissues to trap the germs and dispose of immediately. Wash hands regularly to reduce the chance of spreading any germs.



TOP TIPS

Speak to your GP if you have a high temperature or your symptoms get worse. Remember, some medicines for coughs and colds are not suitable for children.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111