



Ticket to Healthy Living

COLDS



Texas
Children's
Health Plan is
your family's
ticket to
health care.



What is a cold?

- A cold is an infection of the nose and throat. It can last up to 10 days.
- Colds are very common in young children.
- Many children get six to nine colds a year.
- It is very easy for children to catch a cold.
- A cold does not cause a fever.

What causes a cold?

- Colds are caused by viruses.
- A child can catch a cold by touching the hands of someone with a cold or by someone else who has a cold that is coughing or sneezing.

Signs you might see

- Cough
- Runny nose
- Sneezing
- Stuffy nose
- Sore throat
- Loss of appetite
- Headache

What to do

- Have your child get a lot of rest.
- Make sure your child drinks plenty of liquids.
- If your child is older than 9 months, you can give him or her Tylenol, Panadol, Tempra or generic non-aspirin pain relievers.
- Do not give Tylenol, Panadol, Tempra or generic non-aspirin pain relievers to children younger than 4 months, unless your doctor has told you to do so.
- Do not give your child aspirin unless your doctor has told you to do so.
- For babies, they may not be able to suck their bottle because their nose is stuffed up. You can use a suction bulb to clear up their nose.

When to call your doctor

- Your child is sick for more than six days.
- Your child has ear pain.
- Your child has a rash on the skin.
- Your child is wheezing.
- Your child has a swollen neck.
- Your child has a sore throat.

More information

- There are no medicines to cure a cold.
- Colds can be passed from one person to another. Remember to wash your hands and your child's hands often.