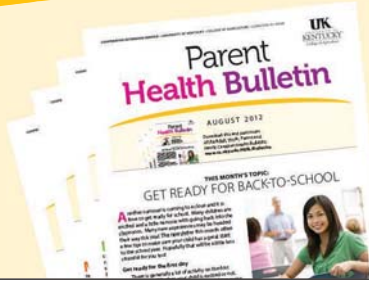


Parent Health Bulletin



JANUARY 2015

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THIS MONTH'S TOPIC: THE COLD VIRUS



This time of year, your child may get a cold. In fact, the average child may get six to ten colds a year. When your child has a cold, he or she may have trouble breathing through the nose, may have a low fever (typically between 100 and 101 degrees F) and may have a cough.

What is a cold?

A cold is an infection that usually affects the nose, throat and sinuses. It is a virus that gets into the body and makes a person sick. There are more than 200 kinds of viruses that can cause a cold. Thankfully, the body is able to fight the cold virus with the immune system. However, it may take the body a few days to fight it off. A cold usually lasts between 7 and 10 days.

How do I get a cold?

When another person coughs or sneezes, he or she puts tiny droplets from their nose into the air. Once those droplets are in the air, if they are breathed,

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Continued from page 1

the person can get the cold virus. The virus can also spread if a person touches their eyes, nose or mouth after touching something with the cold virus on it. Things touched every day may have the cold virus on them, including door handles, light switches and school desks. It is very important to have your child wash their hands often. In fact, you want to make sure you wash your hands often, too.

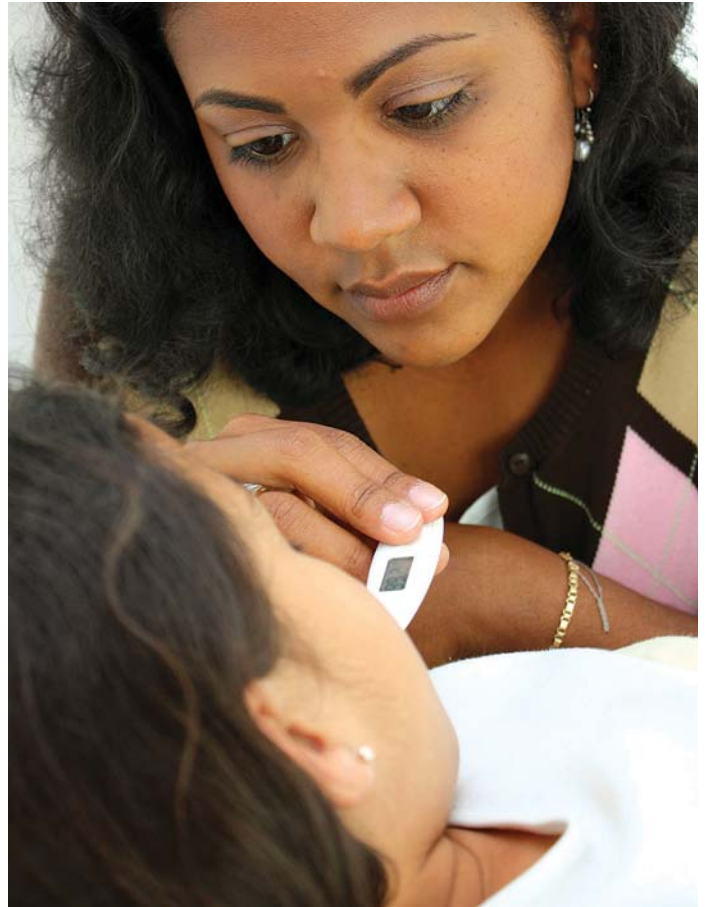
Once a person picks up the cold virus, it usually takes 2 to 3 days before they start showing signs of a cold.

Some of the signs that your child has a cold include:

- low fever (usually 100-101 degrees F)
- feeling cold (he or she may even shiver)
- sore throat
- sneezing or having a runny nose and watery eyes
- a cough
- feeling tired and not hungry
- stuffy nose and says that it is hard to breathe

If your child tells you he or she does not feel well and you suspect a cold, here are some ways you can help your child feel better:

- **Chicken soup does help!** The hot soup can help lessen coughs and make sore throats feel better. It can also help with a stuffy nose. In fact, not only hot soup but any hot drink can ease coughs and sore throats.
- **Get steamy.** A hot shower with lots of steam can help stuffy noses. Humidifiers that put a cool mist in the air can help relieve sore throats and stuffy noses.
- **Be healthy.** Remember that the body is working to get rid of the virus. Make sure your child eats a balanced diet and gets lots of rest.
- **Clear out the nose.** Blowing your nose is the best way to get rid of the stuffiness that happens during a cold. You may have to remind your child to blow their nose. Also, make sure that he or she washes their hands after blowing.



- **Rest.** Let your child take a nap if he or she is home from school or make sure that he or she gets to bed a little earlier.

Colds are no fun for anyone. During this time of year when colds are common, make sure you and your family wash hands regularly. If your child has a cold, make sure to help by encouraging plenty of rest and maybe a few extra hugs.

SOURCES:

- Nemours KidsHealth. *Chilling out with Colds.*
http://kidshealth.org/kid/ill_injure/sick/colds.html#
- Nemours KidsHealth Why does my Nose Run?
http://kidshealth.org/kid/talk/qa/nose_run.html
- Nemours KidsHealth what makes me sneeze?
<http://kidshealth.org/kid/talk/qa/sneeze.html>

Parent
Health Bulletin

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