



WHAT IS A COLD AND WHAT ARE THE SYMPTOMS?

A cold is a common viral infection. Most colds last 7 to 10 days and will go away on their own. Healthy children can have up to 10 to 12 colds per year, so it is important to know how to care of them.

Symptoms include:

- Runny or stuffy nose
- Cough
- Fever
- Sore throat
- Fussiness or tiredness
- Low appetite

WHAT MEDICINE HELPS? CAN I GIVE MY CHILD OVER-THE-COUNTER COUGH AND COLD MEDICINES?

No medicine will help heal or shorten the duration of a cold. Children usually get better by themselves. Colds are caused by viruses, so antibiotics do not help. Cough and cold medicines have been shown to help some kids, but can also have serious side effects. Try to avoid giving them to young children. Talk to your doctor for more information.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

HOW CAN I HELP MY CHILD?

- Offer fluids frequently and encourage them to drink.
- Saline (salt water) drops in the nose and a bulb syringe can loosen up and remove mucus in young children.
- Try using a humidifier or go into the bathroom, close the door and let your child breathe the warm steam from the shower for several minutes.
- Honey can be given to children age 1 year and older. It has been shown to work better than cough medicine and has no side effects.
- Try Acetaminophen (Tylenol) or Ibuprofen (Motrin) for fever or pain relief.
- Wash hands often to prevent spreading germs and illnesses to others.

WHAT IF MY CHILD WON'T EAT?

Most kids have poor appetite when they are sick. This can last a few days and is not dangerous, as long as they are drinking enough fluids. You can try water, milk, juice, soup, Gatorade, Pedialyte, popsicles, or Jello. In infants, continue breastfeeding or formula. Count to make sure your baby has at least 3 wet diapers per day.

CALL THE OFFICE OR SEE A DOCTOR IF ANY OF THESE HAPPEN TO YOUR CHILD:

- Fever that lasts for more than 3 days in any child (temperature above 38°C or 100.4 °F)
- Infants under 1 month old has a fever
- Fever that goes away for a few days and then comes back
- Breathing hard, fast, or wheezing
- Unable to drink fluids well
- Fussy or difficult to wake up
- Cough that lasts for more than 3 weeks

Source:

- Canadian Paediatric Society



CONTACT NEMS 聯絡東北:

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甚麼是感冒？它有什麼症狀？

感冒是一般的病毒感染。大部分感冒持續 7 到 10 天就會自己消失。健康的孩子每年患感冒的次數高達 10 到 12 次。因此，知道如何照顧他們非常重要。

感冒症狀包括：

- 流鼻涕或鼻塞
- 咳嗽
- 發燒
- 喉嚨痛
- 愛發脾氣或疲倦
- 沒胃口

哪些藥物有幫助？我可以給孩子服用非處方的咳嗽藥和感冒藥嗎？

沒有藥可以治療感冒或幫助縮短感冒的時間，孩子通常會自己好轉。感冒由病毒引起，所以抗生素不起作用。咳嗽藥和感冒藥證明能幫助一些孩子，但也有很多副作用，我們應該盡可能避免給年幼的孩子服用。請諮詢醫生了解更多信息。

如何能幫助我的孩子？

- 多給他們提供流質食品，鼓勵他們多喝水。
- 鹽水鼻滴及泡狀抽吸器可以幫助幼兒放鬆及消除鼻道黏液。
- 嘗試使用加濕器，或者進入衛生間，關上門，讓孩子在裡面吸幾分鐘淋浴散發出來的溫暖蒸汽。
- 可以給一歲或以上的孩子服食蜂蜜。蜂蜜證明比咳嗽藥的效果更好，且沒有副作用。
- 嘗試使用 Acetaminophen (Tylenol) 或 Ibuprofen (Motrin) 退燒或止痛。
- 經常洗手，以防把疾病傳染給其他人。

我的孩子不吃東西

大多數孩子生病的時候都沒有胃口。這種情況會延續幾天。只要他們喝足夠的流質食物是不會有危險的。您可以嘗試給他們水、牛奶、果汁、湯、佳得樂 (Gatorade)、Pedialyte、冰棍、或果凍。嬰兒可以繼續喂食母乳或嬰兒奶粉。每天數數，確保您的寶寶每天至少尿濕 3 塊尿布。

如果您的孩子有以下這些情況，就打電話到診所和去看醫生：

- 任何孩子發燒超過三天（體溫超過攝氏 38 度或華氏 100.4 度）
- 不滿一個月的孩子發燒
- 退燒幾天後再次發燒
- 呼吸困難、急促、或喘息
- 喝東西有困難
- 愛發脾氣或者很難叫醒
- 咳嗽持續超過三個星期

資料來源：

- Canadian Paediatric Society

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