



# *Bulldog Care Card*

## Common Cold

Colds are caused by viruses. They spread when people breathe, sneeze, or cough on other people. Colds last about one week. Colds cannot be treated with antibiotics. Common cold symptoms include: stuffy or runny nose, cough, sneezing, loss of appetite, sometimes a fever.

**Cold Precautions:** Contagious from onset of runny nose until fever (>99.7 per school policy without the aid of medication) is GONE. **Hold at home for a minimum 24 hours after temperature has returned to normal without the help of medication like Tylenol or Ibuprofen.**

**Prevention:** Colds are spread by hand to hand contact like handshakes, by saliva like kissing or sharing drinks, by touching contaminated surfaces like doorknobs, desks, pencils etc., and by airborne respiratory droplets like sneezing and coughing. Encourage sneezing or coughing into tissue or elbow. Do not share drinkware or eating utensils. Use proper handwashing. Disinfect as needed.

**Home Care:** Your child should eat a regular diet with a cold. Do not force your child to eat. However, he/she must drink fluids. Saline nose spray may be helpful with a stuffy nose. Use of over the counter cold medicine may help alleviate symptoms.

**Call your child's Doctor or take to the ER for evaluation if:**

- Fever over 102 degrees F (38.9 C) that lasts for more than two days.
- Ear ache
- Severe sore throat
- Your child will not drink
- Trouble swallowing
- Your child has not had a wet diaper or urinated in 12 hours.
- Vomiting
- **Trouble breathing Go straight to the ER**
- You have any concerns or questions.

**Special Concerns:**

If your child has a chronic or serious health problem or is under 1 year old, call your doctor for special instructions. This form does not replace instructions your doctor provides to you.