**Viral Upper Respiratory Infection Recommendations**

For fussiness, discomfort, and fever:

* **Acetaminophen** **OR Ibuprofen** every 6-8 hours
  + No proven benefit to alternating or staggering doses

For nasal congestion:

* **Nasal saline and suctioning is most important**
* \*\*Use nasal saline spray – as much as possible sprayed up both sides. Allow it to sit for a minute and then suction nose with bulb or Nose Frida (preferred) as often as possible
* Humidified air may help when sleeping.

For cough:

* Most coughing is caused by nasal congestion & drainage
* **Nasal saline & suctioning**
* Can give 1-2 tsp of **honey** every few hours once 12 months old
* OTC cough meds should **not** be given to children & are not effective

Expected course

* A fever is a temperature > 100.4. Fevers typically last 3-4 days. If a new fever occurs after fevers have resolved for 1-2 days, you should call Dr. Price.
* Congestion can last 1-2 weeks and cough can last 2-3 weeks.
* Yellow or green nasal discharge is a normal part of the body's reaction to a cold. It does not mean your child has a sinus infection.
* Encourage as much fluid intake and as normal a diet as possible.
* **Concerning symptoms** (call our Dr. Price): Persistently fast or difficult breathing, inability to take enough fluids to produce a near normal amount of urine, difficulty keeping awake, any questions or concerns.
* **Antibiotics do not work for viral infections and have many potentially harmful side effects**