



When your baby has an upper respiratory infection (cold)

Most babies get many colds before they are 2 years old, especially if they are in daycare or have older siblings. Most colds come and go without any major problems.

Colds are caused by viruses and do not have a specific treatment. Antibiotics don't help treat viruses. But you can help your baby feel better while their body fights the infection.

Symptoms of a Cold:

- Stuffy, congested or runny nose
- Sneezing or coughing, watery eyes
- Eating more slowly, less appetite than normal
- Sore throat, Fever, Fussy

Colds usually last about a week, but the cough and congestion can last longer. Mucus from the nose may be clear, yellow or green. Your child may also get one cold after another so it seems like they are sick for a long time.

How to Help

- The biggest problem is usually nasal congestion. This can make it harder for your baby to breathe comfortably and also harder to eat, as it is difficult to nurse or drink a bottle while your nose is clogged!
- If your baby is not drinking milk well you can try pedialyte. Make sure to clear their nose before feeding so they can breathe easier while eating.
- You can use Tylenol for fever or if your baby is fussy. Ibuprofen (motrin) can also be used if your baby is more than 6 months old.
- Most cough and cold medications are not helpful for babies and can cause side effects.

 <p>You can use saline drops or spray (any brand is fine) many times a day to help clear the congestion</p>	 <p>The Nose Frida is best for suctioning your baby's nose. You can put saline in a few minutes before suction to loosen thick mucus.</p>	 <p>A cool mist humidifier is helpful to keep congestion loose, especially at bedtime</p>
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When to call our office at (970)619-8139:

- Fever (temperature greater than 100.4) that is not improving (not as high or as often) in 2-3 days
- Your baby is breathing fast, belly breathing (belly sticks out when they take a breath in) or retracting (pulling below or between their ribs)
- Your baby won't drink and has much less wet diapers than normal
- Cold symptoms that get worse, instead of better, after a week
- Ear pain
- Acting very fussy or sleepy