



PREMIER MEDICAL ASSOCIATES

Colds

Colds are usually caused by viruses; therefore they do not get better with antibiotics. Most colds include some or all of the following symptoms: fever for the first day or two, runny nose, cough, sore throat, watery eyes, headaches, and body aches. Most colds take 10-14 days to run their course, usually with the worst of it peaking by day 5-7. Using an over-the-counter medicine may help to control the symptoms, but they will not make the cold go away any faster. The best thing to do for a cold is to drink many fluids and get plenty of rest. Tylenol will help with the fever and body aches. Sudafed may help with nasal congestion, but it can make children excitable and disrupt sleep. Benadryl may provide some symptom relief, especially if given before bedtime. Chicken soup never hurts!!

Please call our office if your child has:

- Difficulty (labored) breathing
- A fever that lasts longer than 72 hours
- Symptoms that last longer than 14 days without improvement.
- If your child is acting very sick
- You have other questions or concerns.

Patient Information

Medical Disclaimer

Premier Medical Associates PC offers the information on this Web site for general educational purposes only. This information should not be used for diagnosis, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health or the health of your child or dependant, please contact your healthcare provider immediately.