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YOUR CHILD'S HEALTH

Presented by the medical professionals at Midcoast Pediatrics

Still No Cure For The Common Cold

Because there are literally hundreds of different cold viruses and children are notorious germ spreaders, many parents feel as if their children are always sick. The average child brings home between three and eight different viruses each year, so parents aren't too far from the truth. Viruses cannot be treated by antibiotics, and while cold medicine might make a child more comfortable, it does nothing to speed the recovery process. Cold symptoms include runny nose, mild fever, crankiness, sore throat, and headache. Symptoms can last between 10 and 14 days and tend to be most contagious for the first three. The viruses that cause colds are very tenacious; they survive for hours and pass from person to person with ease.

Teaching your child good hygiene and hand washing habits can help to prevent the cold. If your child's cold symptoms don't get better after 10-14 days or if they worsen, a visit to the pediatrician is in order. For more information, call MIDCOAST PEDIATRICS at 207-721-8333. We are located at 121 Medical Center Drive, Suite 2600, Brunswick. New patients are welcome.

HINT: Teach your child to sing their "ABCs" while they wash their hands.

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