

HOLYOKE PEDIATRIC ASSOCIATES, LLP

WINTER NEWS LETTER

FLU

If your child gets the flu relieve the symptoms by giving acetaminophen (Tylenol) for fever and aches, provide plenty of fluids, and have your child get plenty of rest.

Call the office if your child's fever lasts more than 3 days, has difficulty breathing, is vomiting for more than 6 hours, complains of a stiff neck, or has a rash.

WINTER COLDS

There is no known cure for colds. Cold symptoms are runny or stuffy nose, low grade fever (under 101), sore throat, cough, hoarseness, red eyes. Green nasal discharge is often seen at resolution of many viral illnesses and antibiotics are not indicated.

Unnecessary antibiotics can be harmful. Antibiotics are used to treat **bacterial** infections, never colds or other viral infections.

Here are a few helpful winter hints:

*Frequent hand washing can help prevent the spread of colds, flu and other viral infections.

***NEVER SMOKE IN THE HOUSE OR CAR NOR LET YOUR CHILD BE EXPOSED TO CIGARETTE SMOKE!!!**

*Cover your mouth and nose when you sneeze or cough with a tissue that you throw away or cough or sneeze into your elbow. Frequent nose blowing decreases post nasal drip that contributes to cough.

*Get plenty of sleep, eat a well balanced diet and increase liquids.

Recommended treatments:

*For infants with nasal congestion use the saline nose drops in the Blue Baby Book, page 17.

*Use acetaminophen for pain or fever.

*For treatment of cough without respiratory difficulty or high fever the only helpful ingredient in over the counter cough medicines is Dextro-

methorphan (DM). Other cough medications are of no proven help and may have annoying side effects.

*Vaporizers and Ultrasonic humidifiers keep secretions moist and are helpful if the home is dry and your child has thick mucus present (clean and change water daily).

Call the office if there is:

*Fever & cough more than 3 days.

*Cough for more than 2 weeks.

*Cough disturbs CHILD's sleep.

*Wheezing is present with cough.

*Infant is less than 6 months old.

Call immediately if there is:

*Difficulty breathing.

*Rapid breathing.

*Blueness around the lips.

*Child choked on food or swallowed object.

CROUP

Croup is a viral illness. It is hoarseness caused by swelling of the trachea (upper airway), stridor (a harsh vibrating sound heard when the child breaths in) and a barking cough. The viruses that cause croup are contagious until the fever is gone.

Treatment:

*Run a hot shower with the bathroom door closed. When room becomes foggy take child into the room for at least 10 minutes. Most children settle down and sleep peacefully following this.

*Run a cool mist vaporizer at child's bedside or sleep with a window open.

*Drink warm clear fluids (tea, apple juice, lemonade).

*Acetaminophen for fever (see back cover of blue book).

Call the office if:

*Breathing becomes difficult.

*Retracting (tugging in between ribs) when breathing in.

*Lips become bluish.

*Child is restless and unable to sleep.

*Or other concerns/questions.

DO NOT ALLOW ANYONE TO SMOKE IN YOUR HOME OR NEAR YOUR CHILD.

BRONCHIOLITIS

Bronchiolitis is a viral illness affecting children less than 2 years old. Symptoms are wheezing (whistling noise heard during breathing out), rapid tight breathing, cough, fever and runny nose. Wheezing worsens over 2 -3 days, then begins to improve but can last up to 7 days. Cough usually lasts about 14 days, or longer.

Treatment:

*Tylenol for fever (over 102) every 4 hours.

*Drink warm fluids to loosen the secretions and relax air way.

*Offer infants formula or breast milk frequently in small amounts.

*Humidifier in child's bedroom.

*Saline nose drops (see blue book) and nasal suctioning.

ABSOLUTELY NO EXPOSURE TO CIGARETTE SMOKE!!!

Call office if:

*Breathing becomes difficult and rapid.

*Wheezing becomes more severe.

*Retracting (tugging in between the ribs) develops.

*Child not taking enough fluids.

*Fever over 72 hours.

*Or child becomes worse.

OFFICE HOURS

The Holyoke office is open to see sick children at 8 a.m. weekdays & 9 a.m. on weekends and holidays. The Holyoke office Medical Advice phone lines start at 7:30 a.m. Call ahead (**536-2393**) to avoid a long wait during this busy season.

The South Hadley office is open to see sick children at 8:30 a.m. weekdays. The So. Hadley office Medical Advice phone lines start at 8 a.m. Call (**532-0300**) before coming.

Always call to cancel an appointment that you cannot keep!