

DID YOU KNOW?

Most winter illness are caused by viruses. There are over 200 viruses that cause colds!

Colds are very common in healthy children and on average, preschool children get at least six colds per year.

It is common for healthy children to have up to 12 viral illnesses per year in the first few years of life.

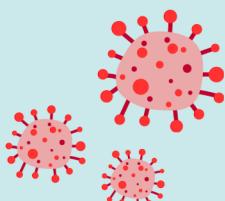
It is also common for children to get sick from one virus shortly after getting better from a different one, so it can seem they are sick all the time.

As children get older, the frequency of catching viral illnesses usually reduces.

SYMPTOMS OF A VIRUS

If your child has a virus, they may show a variety of symptoms, including:

- a blocked or runny nose
- red, watery eyes
- a sore throat
- fever
- coughing or sneezing
- vomiting and/or diarrhoea
- wanting to sleep more
- not wanting to eat
- feeling generally unwell.
- rashes that turn pale (blanch) for a second or so after you push on them with a finger



WHO TO SEE:

MORRINSVILLE MEDICAL CENTRE

To manage the spread of illness in our clinic we run a respiratory clinic. If you would like to speak to someone about your child, call reception who will add you to the nurse triage list.

A nurse will then call and discuss your child's symptoms and arrange a doctors appointment if necessary.

AFTER HOURS NON-URGENT CARE

Virtual consults are available with PracticePlus after hours and on weekends. See our website for more info.

URGENT CARE

If you think your child needs urgent after-hours medical review please attend an urgent care clinic in Hamilton such as Anglesea Clinic. Our nurses may also recommend urgent care for your child.



IN AN EMERGENCY DIAL 111



07 889 5126

17 Canada Street, Morrinsville
www.morrinsvillemedical.co.nz



MANAGING WINTER SICKNESS

(Children and Babies)

CARE AT HOME

Viruses cannot be treated with antibiotics. The best treatment is rest at home to allow your child's immune system to fight the virus.

Here are some simple measures that can make your child more comfortable:

- Give your child small amounts to drink frequently when awake, such as a mouthful of water every 15 minutes or so. This helps to ease a sore throat by keeping it moist, and replaces the fluid lost due to having a fever, vomiting or diarrhoea. Water is best, but rehydrating ice blocks are also a good way of providing fluids to your child.
- Giving enough fluid is particularly important in infants – this should be breastmilk or formula, or rehydration fluids such as electrolytes.
- Do not be concerned if your child does not eat for a few days. When they feel better they will start eating again.
- Allow your child to rest.
- Use saline nasal (nose) drops to help clear a blocked nose in babies. A baby with a clear nose will find it easier to feed.
- Give your child paracetamol or ibuprofen for pain, or if your child is miserable, irritable or lethargic. Do not give your child aspirin. Carefully check the label for the correct dose and make sure you are not already giving your child any other products containing paracetamol or ibuprofen (such as some cough medicines and cold-and-flu preparations).
- Do not use paracetamol or ibuprofen just to reduce fever. Fever helps the body get better naturally.

Your child is likely to feel better in a few days, but may be unwell for up to two weeks.

A cough can linger for several weeks.



Childhood immunisations protect against several viruses. These viruses can cause serious illness, but also cause colds and ear infections

Immunisation will help keep them safe and well!

Children over 6 months old can also get the annual flu vaccine



WHEN TO CALL THE CLINIC:

If your child has any of the following:

- pain that does not improve with paracetamol or ibuprofen
- persistent vomiting and diarrhoea
- a high fever that is not improving after 48 hours
- refusal to drink or have an ice block for six hours
- a rash or spot that does not blanch when you push on it
- less than half the usual number of wet nappies
- they are giving you concern for any other reason
- **Poor feeding or fever in an infant aged three months or younger**



WHEN TO SEEK URGENT CARE:

If your child has any of the following:

- is very pale or hard to wake
- has trouble breathing
- has a rash and gets a headache, stiff neck or back pain
- is unwell with a fever and a skin rash (small bright red spots or purple spots or unexplained bruises) that does not turn to skin-colour when you press on it
- **Poor feeding or fever in an infant aged one month or younger**