

# TE MAREMARE, TE WHAROWHARŌ, TE PĀMAHANA HOKI

COLDS, COUGHS & TEMPERATURES

What to do next

## 1 Home *(Self Care)*

to rest and drink regularly;  
pain relief for sore throats,  
earaches and headaches.

## 2 General Practice (GP)

if still sick after two days or if  
child is feverish, miserable  
and not wanting to drink.

## 3 ED *(Emergency Department)*

if working hard to breathe  
and/or floppy.



# COLDS, COUGHS & TEMPERATURES

*Coughs and colds are common in children and are usually short-lived. Most coughs and colds do not require treatment and get better by themselves in time. Colds can last up to a week while coughs can last up to 3-4 weeks.*

## What to do

- Ensure your child drinks small amounts regularly.
- Check your child is urinating (weeing) at least every 4 hours (or every 2 hours if wearing a nappy).
- Get your child to have plenty of rest.
- Avoid exposure to cigarette smoke, which can make coughs worse.
- Use tissues and put used ones in the bin.
- Remove your child's outer clothing and sponge them with a cool cloth if they are hot.
- You can give your child pain relief (paracetamol) if they have a sore throat, earache or headache. Check the dosage instructions.

## Call your general practice (GP) if:

- your child is feverish, miserable and not wanting to drink
- your child is still unwell after more than 2 days
- a cough lasts more than 3 weeks.

## Take your child to ED if:

- they are sleepy, floppy or limp
- they are breathing too fast or having trouble breathing
- they are too tired or breathless to drink
- they have not urinated (been for a wee) for 4 hours (or 2 hours if wearing a nappy)
- you are overly concerned about them.

For more information call Healthline on **0800 611 116** or visit [healthnavigator.org.nz](http://healthnavigator.org.nz).