

# COLDS & COUGHS

What to do next

**1 Home (Self Care)**  
to rest and drink water regularly; pain relief for sore throats, ear aches and headaches.

**2 General Practice (GP)**  
if still sick after three days or if child is feverish, miserable and not wanting to drink.



# COLDS & COUGHS

*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 6 hours.
- 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.
- You can give your child pain relief (eg. paracetamol) if they have a sore throat, ear ache or headache. Check the dosage instructions.

## When to get help:

Call your general practice (GP) if:

- your child is feverish, miserable and not wanting to drink
- your child is still unwell after more than 3 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 6 hours
- you are overly concerned about them.

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