

**Upper Respiratory Tract infections (URTI)**

URTIs are a common viral illness within children especially those under the age of 5. Children usually get better without needing treatment or antibiotics in about two to three weeks.

On average a child can get five or six viral, upper respiratory tract infections in a year, and, if your child is nursery-aged and in contact with other children, they could be getting as many as twelve a year.

All of the following are included in the title of upper respiratory tract infections (URTIs)

* The common cold
* Runny nose
* Tonsilitis/ Laryngitis
* Ear Infections- Otitis Media

Some or all of the following symptoms may be present:

* Blocked or Runny Nose
* Sneezing
* Cough
* Sore throat
* Mild temperature
* Lethargy and generally unwell

**Managing Upper Respiratory Tract Infections at home**

You are treating the symptoms to help your child feel more comfortable whilst they recover from the URTI. Here are some suggestions, which might be helpful. Each child is different!

All children benefit from being kept them hydrated with fluids and allowing them to rest as much as they can. Any fluids that are tolerated are beneficial and think about other liquid products that might help as well, if they can be tolerated, for example: ice poles, ice cream, jelly, watermelon, and cucumber.

* Saline nasal drops.
* Calpol and Ibuprofen for comfort.
* Humidity i.e. Olbas Oil in hot water/ Calpol plug-in.
* Decongestants- i.e. cold and flu remedies from the pharmacy.
* Snuffle babes- In babies and infants you could put on their feet.

Tilt the bed/ cot in younger children- take some hardback books or similar, placing equal heights under the top legs. **Don’t use pillows in babies and infants and don’t just tilt the mattress by putting pillows underneath.**

With an older child use extra pillows to prop up while sleeping as symptoms can be exacerbated/ worse when lying down.

**IMPORTANT**

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| Antibiotics are not usually issued as they don’t work on viruses, only on bacterial infections **but** please contact the practice if your child has the following:* Still have symptoms after 3 weeks.
* Persistent high fever especially if 5 days or more.
* Wheezing/ Increase work of breathing/ Shortness of breath.
* Drowsy/ Confused
* Coughing up blood (haematemesis)
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Urgent Care Team

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