



St Joseph's School

COLDS

COLDS ARE COMMON IN CHILDREN, ESPECIALLY DURING WINTER.

You can catch a cold by breathing in droplets from someone who coughs or sneezes, or by touching surfaces contaminated with droplets and then touching your mouth, nose, or eyes.

Symptoms include:

- runny or blocked nose
- sneezing and coughing
- sore throat and ears
- watery eyes
- headache
- possible fever.

Most colds get better on their own within 7 to 10 days.

Sometimes, however, they can lead to problems of the ear, voice or chest.

If your child has a cold, make sure they get plenty of rest and drink enough fluids, especially water.

To prevent the spread of germs, teach your child to always:

- cough and sneeze into their inner elbow or a tissue
- throw used tissues in the bin
- wash hands with soap and water – or use hand sanitiser – after coughing or sneezing
- avoid sharing drink bottles, cups and utensils.

Find out more

- Find out more at [Raising Children Network](#)
- Talk to the pharmacist before you give your child any over-the-counter medicines.
- You can talk to a health professional at any time, night or day at Healthdirect on 1800 022 222.

See your doctor if your child has severe symptoms, a 'wet' cough that won't go away, pus from their ear, or difficulty breathing.

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