



Respiratory infections

Many different germs can cause respiratory infections (such as colds, bronchitis) with fevers.

If you think your child has a respiratory infection:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.
- **Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.**
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Symptoms may include a runny nose, chills, muscle aches, and a sore throat. Your child may sneeze, cough, or be more tired than usual. Check your child for a fever.

If your child is infected, it may take up to 10 days for symptoms to start.

Spread

- By sneezing or coughing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

Shortly before and while your child has symptoms.

Call your health care provider

If your child has a high fever, sore throat, or cough that does not go away. Antibiotics do not work for illnesses caused by viruses, including colds and most respiratory infections.

Prevention

- Cover nose and mouth when sneezing or coughing by using a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the mouth or nose. Your child may need help with handwashing.
- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth.

Respiratory infections

- Do not expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

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