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Helping your child feel better this cold season

Colds, coughs, and sore throats are common in children during fall, winter, and spring. Most upper respiratory infections, such as colds, are caused by viruses and usually clear up on their own within one to two weeks. Because most of these illnesses are viral, antibiotics will usually not help, but there are many ways you can make your child more comfortable at home.

Make sure your child gets plenty of rest, drinks water regularly, and eats simple, healthy meals. Fever or pain medicine, such as acetaminophen or ibuprofen, can help if your child feels unwell. Use saline drops or a humidifier to ease a stuffy nose, and remind your child to blow gently and wash their hands after. Good hygiene (like washing hands often and covering coughs) can stop the spread of germs to other family members.



See a doctor or nurse practitioner if your child has a fever lasting more than three days, trouble breathing, chest pain, or is unusually tired or irritable. Infants younger than three months with a fever should always be checked by a healthcare professional.

If you are ever unsure or worried, contact your doctor or local health service for advice.



For trusted information on caring for children with colds and coughs, visit:

- Canadian Paediatric Society – [Caring for Kids](#)
- CHEO – [Respiratory Infections, Colds and Flu](#)
- Government of Canada – [Respiratory Infectious Disease](#)