

We receive many comments from parents regarding the policy of some administrations regarding requests for parents to have children evaluated by their physician for minor illnesses.

Perhaps this information from an article by Ellen Wald, M.D., Infectious Disease specialist at Childrens Hospital, Pittsburgh, will be of help to you.

The course of most uncomplicated upper respiratory infections or URI's is anywhere from 5-10 days. This is your common cold. All variations are caused by viruses. Although the child may not be symptom free on the 10<sup>th</sup> day, almost always the symptoms have begun to improve. Respiratory symptoms are nasal discharge and/or cough. The nasal discharge can be watery, mucous, or green or yellow. There can be a small or a significant amount. With or without therapy, nasal discharge will change during the course of an uncomplicated URI.

URI's begin with a clear, watery discharge, then may become thicker and more mucous like and eventually green/yellow and thick. This sequence then reverses before it resolves. The, the character and/or the color of the secretions do not define the kind of infection a child has contracted. With URI's the fever is low, without headaches and facial pain. The fever in an uncomplicated URI may be present in the first couple of days, and usually does not exceed 101 degrees.

Many parents are needlessly being called to pick up their child from a caretaker to have them "checked by a doctor" before they can return.

We hope the above information can help you direct your advice to parents as to the necessity for evaluation.

We recommend and some children benefit from over the counter preparations to relieve the symptoms or these irritating, and all too frequent, mild infections. **ANTIBIOTICS DO NOT AFFECT** cold symptoms nor shorten the course of the illness.