

Common Illnesses and How Best to Treat Them



	Sore Throat	Ear Infection	Cough and Cold
	Usually caused by a virus	An ear infection means the middle ear, the small space behind the eardrum, is infected and is sometimes called 'acute otitis media'	Most cough and colds are caused by a virus. An average primary school child has 3 to 8 coughs or colds per year, sometimes several one after another.
Symptoms	Soreness in the throat and you may also have a hoarse voice, mild cough, fever, headache, feel sick, feel tired, painful to swallow and the glands in your neck may swell.	Earache is common but does not always occur. Dull hearing and or a fever are common. Children may feel sick or vomit.	A cough which is often worse at night. A runny nose, fever, sore throat, tiredness, decreased appetite and mild earache.
Duration	The soreness typically gets worse over 2 to 3 days and then usually goes within a week. About 1 in 10 lasts longer than a week.	Most earaches will clear up on their own within a few days.	Typically, symptoms are worse in the first 2 to 3 days and then ease over the next few days. An irritating cough may linger for up to 2 to 4 weeks after other symptoms have gone.
Best Treatment	Have plenty of fluids and rest. Paracetamol or ibuprofen can be used to ease pain, headache and fever. Ask your pharmacist for advice on easing symptoms.	Paracetamol or ibuprofen can be used to ease pain and fever. Ask your pharmacist for advice on easing symptoms.	Treatment aims to ease symptoms there is no magic cure. Paracetamol or ibuprofen can be used to ease aches, pain and fever. Ask your pharmacist for advice on easing symptoms.
Notes		If dullness of hearing persists, a child becomes more ill or does not improve over 2 to 3 days or has symptoms you are unsure about see a doctor.	<u>If the cold lasts more than 3 weeks, you become breathless or wheezy, have chest pains or already have a chest complaint see your doctor</u>

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	Acute Sinusitis	Flu	Paracetamol
	Usually caused by a virus and in most cases develops from a cold or flu-like illness. Acute means the infection develops quickly and lasts a short time, most no longer than a week.	Usually caused by a virus	Paracetamol (and ibuprofen) should be used mainly for relief of pain and discomfort, and is not necessary to reduce fever in an otherwise symptomless child. Fever is part of the body's defence mechanisms against infection .
Symptoms	Blocked or runny nose (maybe green or yellow), pain (often throbbing) and tenderness over infected sinus, chewing may be painful, fever and you may feel generally unwell	Fever, sweats, muscle aches, a dry cough, sore throat, sneezing and headache. You may also feel sick	<u>Dosages</u> Paracetamol can be taken every 4 to 6 hours up to a <u>maximum of four doses in 24 hours</u> . Consult your doctor or pharmacist if symptoms persist for more than 3 days.
Duration	Symptoms usually go within a week or so.	Symptoms peak after 1 to 2 days and then usually gradually ease over several days. An irritating cough may persist for a week or so. Most people recover in 1 to 2 weeks.	Tablets and capsules normally contain 500mg. Adults & children over 16 years – 500mg - 1000mg per dose
Best Treatment	Paracetamol can be used to ease any pain and fever. Decongestant nasal sprays or drops are sometimes used. Ask your pharmacist for advice on easing symptoms.	Treatment aims to ease symptoms there is no magic cure. Paracetamol or ibuprofen can be used to ease aches, pain and fever. Ask your pharmacist for advice on easing symptoms.	<u>Liquid - 250mg / 5ml for older (6+) children</u> Age 12 – 16 years – 10ml to 15ml per dose Age 10 - 12 years – 10ml per dose Age 8 – 10 years – 7.5ml per dose Age 6 – 8 years – 5ml per dose <u>Liquid - 120mg / 5ml for children under 6</u> Age 4 – 6 years – 10ml per dose Age 2 - 4 years – 7.5ml per dose Age 6 - 24 months – 5ml per dose Age 3 – 6 months – 2.5ml per dose
Notes	Swelling or redness of an eyelid or cheek in a child with sinusitis should be reported to a doctor urgently.	You should consult your doctor if you have chest pains, repeated vomiting, a headache that becomes worse and worse, you cough up blood or blood-stained sputum.	