

## **Rhinitis (congestion/Runny Nose) 2-4 years old**

Rhinitis can be viral, allergic, or bacterial. The common cold may last 10-14 days and is a virus, which can not be treated with antibiotics.

1. Run a cool air humidifier in his/her room.
2. Place nasal saline drops in child's nose and have them try to blow into a tissue directly after ( to clear the nasal passageway).
3. Try to keep pt well hydrated with liquids ( avoid orange juice and large amounts of milk due to this thickening drainage). Try liquids like water, apple juice, chicken noodle soup.
4. Do not smoke around your child, this will worsen congestion.
5. Medications that are ok to use at this age as long as dosed appropriate according to age.

When should I bring my child to the doctor for this?

- If the child runs a temperature of 100.4 or higher tympanic
- If pt is getting worse
- If Cold like symptoms have been over the 10-14 days
- Wheezing
- If you have any concerns or questions do not hesitate to call our office or bring your child in to be examined.