

Rhinitis (congestion/Runny Nose) 5 years old and Older

-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. Have them Use a nasal saline spray in each nostril and then 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. Throat lozengers to sooth throat and calm cough
6. A tsp of honey or tea with honey to coat the throat which can help to controll coughing.
7. 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 geting 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.