

Rhinitis (congestion/Runny Nose) 6mths to 2 years

-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 2-3 drops of nasal saline in child's nose and then follow it up with bulb suctioning. This can be performed several times a day for congestion.
3. Keeping pt upright and elevated when feeding. You may need to feed your child less amounts more frequently when congested due to the milk thickening the drainage.
4. Make sure your child is staying well hydrated.
5. Do not smoke around your child this will worsen the congestion.
6. Pt can use Vicks Vapor rub, avoid getting it around the mouth or eyes.
7. Pt can take 1/2 tsp by mouth daily of Childrens claritin liquid or other decongestants based on child's age.

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

- If the child runs a temperature of 100.3 or higher rectal or 99.8 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.