

Your child may have been exposed to:

## Respiratory Infections

Many different germs can cause respiratory infections (such as colds, bronchitis) with fevers.

If you think your child has a **respiratory infection**, tell your childcare provider or call the school.

**Keep your child home from childcare and school** until fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.

**Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.**

For more information, call Dakota County Public Health Department at 952-891-7500.

### Symptoms

Symptoms may include a runny nose, chills, muscle aches and a sore throat. Your child may sneeze and cough and be more tired than usual. Check your child for a fever. Symptoms last about 7 days. With bronchitis, specifically, your child may have a dry, harsh cough that can last 1 to 2 weeks.

If your child is infected, it may take up to 10 days for symptoms to start.

### Spread

- By sneezing or coughing.
- By touching contaminated hands, objects, or surfaces.

### Contagious period

Shortly before and while your child has symptoms.

### Call your health care provider

- If your child has a high fever, sore throat, or cough that does not go away.

Antibiotics do not work for illnesses caused by viruses, including colds and most respiratory infections.

### Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose. Your child may need help with handwashing.
- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.
- Do not expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

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