

**Your child may have been exposed to:**

# Respiratory Infection

## Quick Help

### If you think your child has a Respiratory Infection

Tell your childcare provider or call the school.

### Need to stay home?

Yes, until fever is gone and your child is healthy enough for routine activities.

### Prevention

- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.
- DO NOT share drink containers and cups or silverware. Wash all dishes with hot, soapy water between uses.
- DO NOT expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

**Many different viruses can cause respiratory infections (or colds) with fevers.**

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

### Spread

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

### Contagious Period

Shortly before and while your child has symptoms.

### Call your Healthcare Provider

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

Antibiotics do not work for illnesses caused by a virus, including colds and certain respiratory infections.

For more information, please visit or call:  
Oldham County Health Department  
1786 Commerce Parkway, LaGrange KY 40031  
502-222-3516 ext. 136  
[www.oldhamcountyhealthdepartment.org](http://www.oldhamcountyhealthdepartment.org)

