

How to treat a cold

The Common Cold is caused by a virus called the Rhinovirus – there are about 400 different strains of Rhinovirus. You can manage cold symptoms yourself by following some simple advice to support your children. They will normally start to feel better within 5 to 7 days. The Regis School is set up to manage and support students with a cold including the Paracetamol Policy, medical breaks if required, First Aid Triage, and regular breaks for fluids. **The Regis therefore expects students with a common cold to come in to school as normal.**

General advice

Until they are feeling better, it may help to:

- **drink plenty of fluids** to replace those lost from sweating and having a runny nose
- **dress warmly** especially on the way to and way home from School
- **eat healthily** – a low-fat, high-fibre diet is recommended, including plenty of fresh fruit and vegetables

Young people often lose their appetite when they have a cold. This is perfectly normal and should only last a few days. Don't force them to eat if they are not feeling hungry, but alternatives such as soups may help. You may also wish to try some of the medications and remedies described below to help relieve their symptoms.

Over-the-counter cold medications

The main medications used to treat cold symptoms are:

- **painkillers** – such as paracetamol and ibuprofen, which can help relieve aches and a high temperature (fever)
- **decongestants** – which may help relieve a blocked nose
- **cold medicines** – containing a combination of painkillers and decongestants

These medications are available from pharmacies without a prescription. They're generally safe for older children and adults to take, but might not be suitable for babies, young children, pregnant women, people with certain underlying health conditions, and people taking certain other medications.

Always read the patient information leaflet that comes with the medicine before giving it, and follow the recommended dosage instructions. If you're not sure which treatments are suitable for your child, speak to a pharmacist for advice. If you purchase medication other than Paracetamol the School is more than happy to hold this in the medical room so your child can access it as required. Please be aware that many 'over the counter' medicines contain Paracetamol so it is important you do not double up on doses.