

Common Cold (Rhinovirus)

Information for Parents and Caregivers

What is Rhinovirus?

Rhinovirus is better known as the common cold; Most kids have 8-10 colds in their first 2 years of life, and often more if they are in daycare.

Symptoms of Rhinovirus

- Stuffy congested nose or runny nose
- Low grade fever (99-100.3 F)
- Cough
- Headache
- Sore throat
- Sneezing

Is Rhinovirus Contagious? What is its Duration?

Rhinovirus is the most contagious during the first 2-3 days. The duration of Rhinovirus is usually 7 days, but some will have symptoms for 10-14 days.

Treatment & Symptom Management

Symptom management includes staying well hydrated and acetaminophen/ibuprofen as needed. Usually over the counter cough/cold medicines are not needed, NO antibiotics!

Prevention

The best prevention is to stay home when sick, covering cough and sneezes, hand hygiene, keeping up to date on well-child appointments and vaccines.

When Can a Sick Child Return to Day Care, School, and other Social Settings?

A sick child should be excluded from social settings until their symptom subside.



ALABAMA REGIONAL CENTER FOR INFECTION PREVENTION
AND CONTROL TRAINING AND TECHNICAL ASSISTANCE

The University of Alabama at Birmingham

Alabama Department of Health, Communicable Disease Chart for Alabama's Schools and Childcare Facilities,
<https://www.alabamapublichealth.gov/infectiousdiseases/assets/countyschoolsinfection2pg.11.17.15.pdf>