

COMMON COLD

IMMUNIZATION: None.

INCUBATION PERIOD: Usually 48 hours, but ranges from 12-72 hours.

SYMPTOMS: Runny nose, sneezing, watery eyes, irritated nose and throat, coughing, elevated temperature, chills, aches, and fatigue.

PERIOD OF COMMUNICABILITY: Unknown, but most contagious during presence of acute symptoms such as coughing and sneezing.

MODE OF TRANSMISSION: Primarily by direct contact with discharge from respiratory tract of infected persons by airborne route, probably by droplets as well.

SCHOOL ATTENDANCE: Exclude if fever is greater than 100 degrees F or if excessive coughing is present. Need not be excluded if symptoms are mild/moderate and child is able to participate in routine activities.

CONTACTS/FOLLOW-UP: Observe for other respiratory or viral illnesses such as strep throat, influenza, or chicken pox which may begin with symptoms similar to the common cold. Child's health status should be monitored.

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