

The News on Noses: A Guide to Runny Noses



What causes runny noses?

Colds are a common cause of runny noses. When germs that cause colds get into a child's nose, the nose quickly produces clear mucus to help "wash" germs from the body.

After a few days, as the body fights the germs, clear mucus changes to a thicker white or yellow mucus. If the tissue in the nose gets irritated, it swells up, causing stuffiness and a lot more mucus. Sometimes the mucus turns green. **All of this is normal and does not mean your child needs antibiotics.**

Allergies can also cause a runny nose. They might happen during a specific season (like spring) or after contact with an "allergen" (like grass or animals). Other signs include intense sneezing, burning, itchy, and watery eyes, and pressure in the nose and cheeks.

With allergies, the runny nose may last for weeks or months, but there is no fever or risk of spreading the illness to others. **Antibiotics don't help allergies.**

Sinusitis (a sinus infection) may occasionally develop, which can cause yellow-green mucus and sometimes pain that continues for more than 2 weeks. **If the runny nose persists, check with your child's doctor to see if your child needs antibiotics.**

Stopping the spread of germs

- Make sure your children's hands are washed often — especially after blowing their noses
- Wash your children's toys before and after sharing them with others
- Teach your children to cover their mouths and noses (using a tissue is best) when sneezing and coughing
- Don't let your children share personal items such as cups, glasses, forks, spoons, or toothbrushes

E S I C R E X E S Y
 T U F V A O T D L H
 V I T A M I N S E T
 B S I E U A C E E L
 F G U R H P X U P A
 Z A F H R Q A S O E
 H Y S D I J L S V H
 W A T E R W E I B X
 W N O I T I R T U N

Find these healthy words in the scramble*:

Exercise
Fruit
Health
Water
Nutrition
Relax
Sleep
Tissues
Vitamins
Wash hands

*Words can be found forwards, backwards, up, down, and diagonally.

Knock, knock.

Knock, knock.
 Who's there?
Hutch.
 Hutch who?
Bless you!

Knock, knock.
 Who's there?
Anita.
 Anita who?
Anita tissue!

Knock, knock.
 Who's there?
Stan.
 Stan who?
Stan back—
I have to sneeze!

My bug needs no drug

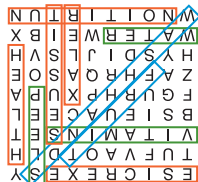


Why was the nose tired?

Answer: Because it kept running!

It's important to always follow your doctor's instructions. The health information on this sheet is not a substitute for medical care. If you have any questions after reading this sheet, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Answers: