A•Cute Kids Urgent Care

# Viral Infections

Viral infections are the most common cause of infections in children. Common viral infections include flu, RSV, chickenpox, and the common cold.

**Cause**: Infections are caused by a wide variety of viruses. Viruses are usually spread by direct contact with an infected person's secretions. Most viral infections can be prevented by good hand washing after coughing, sneezing, eating, and using the restroom.

**Symptoms**: Viruses can cause a variety of symptoms including fever, rashes, cough, congestion, vomiting and diarrhea. Fever can often reach 103 to 104 degrees in viral infections. Usually symptoms will last from 2-5 days and resolve on their own.

**Treatment**: The majority of viral infections do not require any specific treatment. Antibiotics are of no benefit in viral infections, and anti-viral medications are rarely used in specific cases.

Tylenol (acetaminophen) and Motrin (ibuprofen) may be used to control the fever and pain. Do not use aspirin in children under 18 years of age. Fluids and rest help speed the recovery in most children.

**Follow up**: If your child is doing well no follow up is necessary. You should follow up immediately if your child develops any of the following:

- Fever above 104 degrees not responding to medication
- Worsening of symptoms
- Neck stiffness, neck pain, or headache
- Signs of dehydration (dry mouth, lethargy, sunken eyes, decreased urine)
- Difficulty swallowing, talking or breathing
- Seizures

Please note: These guidelines are not meant to diagnose any condition, or treat any condition not diagnosed by a physician. They are provided for general information only. If you are concerned about your child's condition, call a physician or 911 immediately.