

# Virus Action Plan (child over 6 months)



Child's name \_\_\_\_\_

Age (months/years) \_\_\_\_\_ Weight (kg) \_\_\_\_\_

Your child has an infection of the ear, nose, throat, sinuses and/or chest, most likely caused by a virus.  
**Your child may be sick for up to 10 days. A cough may last up to 4 weeks.**

## **Antibiotics don't work on a virus, and will not make your child feel better any faster.**

Taking antibiotics can cause side effects that may make your child feel worse. Taking antibiotics when they are not needed might cause them to not work in the future.

## Treating your child's symptoms

Your child needs lots of rest when they have a virus. They should drink plenty of fluid, water is best. When giving your child medicine, always follow the instructions, or the advice from a doctor, nurse or pharmacist.

SYMPTOMS	TREATMENT (suitable options ticked)
Fever	For fever, use a cool cloth to wash your child's face, hands and neck. Have them wear lightweight clothing, and use fewer blankets
Aches and pains, including muscle pain, sore ears, sinus and face pain. Sore throat	Paracetamol or Ibuprofen
Sore or dry throat. Cough	<b>As well as paracetamol or ibuprofen, your child could try:</b> Sucking on a teaspoon of honey at bedtime for three days (if over 12 months old) <b>Children over 6 years old could also try:</b> A salt-water gargle for 30 seconds, three times a day (use half a teaspoon of salt stirred into a cup of water) Other throat gargle or throat spray Lozenges
Blocked or runny nose	Saline nasal spray or drops Vapour rub such as Vicks (rub it on their chest or back, do not put it on their face) <b>Children over 6 years old could also try:</b> Decongestant tablet, liquid, nasal spray or drops
Other	Rongoā/Traditional system of healing _____

## Follow up

Call your health provider \_\_\_\_\_ on \_\_\_\_\_  
or Healthline on 0800 611 116 if:

- Your child's symptoms are not improved in \_\_\_\_\_ days/hours
- They have a high fever over 40°C
- They have an ongoing fever over 38°C for \_\_\_\_\_ days
- Their existing condition such as diabetes or asthma gets worse
- They get new symptoms
- You have other concerns
- They have other symptoms such as \_\_\_\_\_

**Please book an appointment for your child to be seen again in \_\_\_\_\_ days/weeks**



## Urgent advice

**Call your health provider urgently, or an ambulance (dial 111), if your child has any of these symptoms:**

- Hard or painful to breathe or talk
- Lips or tongue turn bluish
- Coughing up blood
- Confusion or struggling to wake up
- Chest pain
- Severe shaking, chills
- Clammy skin
- A severe headache or neck pain, lights hurting their eyes
- Rash with purple or red spots or bruises
- Not peeing, or dark coloured pee
- Feeling faint or passing out (fainting)

You can find other information on the Healthify or KidsHealth websites:

[healthify.nz](https://www.healthify.nz)



[kidshealth.org.nz](https://www.kidshealth.org.nz)



**Search for:**

- Fever
- Cough
- Sore throat
- COVID-19
- Influenza

Or ask your doctor, nurse or pharmacist to print the information for you.

Or call Healthline 0800 611 116.

## What you and your child/whānau can do to help prevent the spread of infection

- Stay home from day care, kindergarten or school.
- Wash their hands often, especially after blowing their nose. If you help them wipe their nose, wash your hands afterwards too.
- If possible, cover their mouth when sneezing or coughing.

Note for clinicians: Multiple other languages available at [akohiringa.co.nz/virus-action-plans](https://www.akohiringa.co.nz/virus-action-plans)