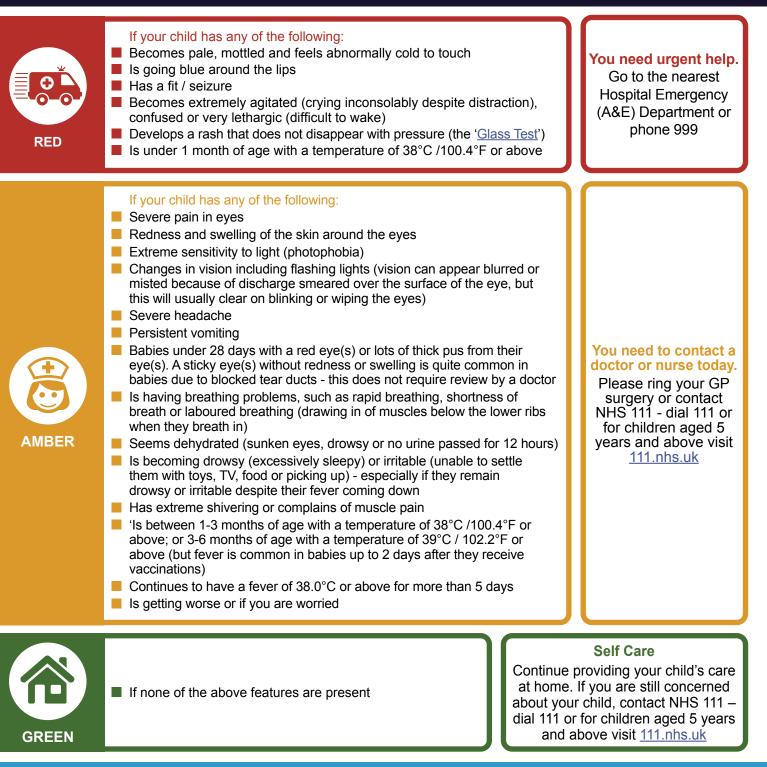
Persistent runny noise / rhinosinusitis - Advice Sheet



Advice for parents and carers

A runny nose is extremely common in young children. It is usually caused by coughs and colds, which your child can catch repeatedly, especially over the winter months. It is more common in children attending nursery/childcare. A cold typically lasts 7-10 days but when your child catches another infection before they have fully recovered from the first it can seem like it is going on forever! Very few children with persistent runny noses require prescribed treatments such as antibiotics.

When should you worry?



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Advice for parents and carers

Symptoms that suggest that specific treatment is required

- Persistent offensive discharge (green or bloody mucus) lasting longer than 10 days
- Completely blocked nose
- Pain and tenderness on one side of the face, around eyes or forehead
- Headache
- Fever

Causes of rhinosinusitis

Most cases of rhinosinusitis in children are caused by an infection; your child may also have a sore throat, cough or earache.

Treatment

Most children with rhinosinusitis do not need treatment with antibiotics - they recover just as quickly without them and can avoid some of the side effect that antibiotics can cause.

If your child has any features of severe infection (amber or red features), they will need to be assessed urgently by a healthcare professional.

You can help relieve symptoms by:

- Giving your child paracetamol or ibuprofen to help relieve pain
- Holding a warm clean flannel over their face for a few minutes several times day
- Encourage your child to drink plenty of fluids

It can take up to 2 weeks for a child to fully recover from rhinosinusitis.

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This guidance is written by healthcare professionals from across Hampshire, Dorset and the Isle of Wight