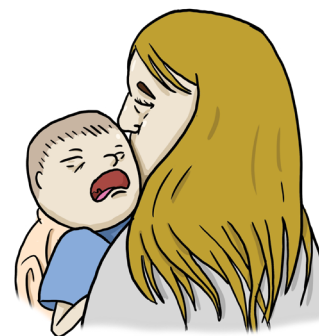




Virus

A virus is a germ that causes infections like a cold, flu, tonsillitis and ear infections. Viruses spread easily from person to person through touch, sneezing and coughing.

Sometimes a bacterial infection can develop on top of the viral infection. Antibiotics may be needed to treat the bacterial infection, however they will not work on a virus.



- Younger bub's can get a virus 6-10 times a year.
- Young bubs or small babies, become unwell quickly and may need to go to the GP, health clinic or emergency department.
- Most viruses are mild and will make bub unwell for about 2 weeks. Bub's with a cough may take extra time to get better.
- As they get older their immunity will build up and they won't get sick as much.
- If bub has a rash that is itchy you can use calamine lotion to help with the itch.



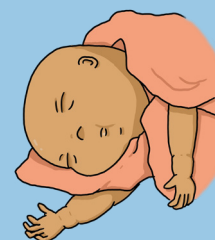
You can:

Yarn to your pharmacist about using children's paracetamol or ibuprofen, but **not both** at the same time.

- **Follow the instruction on packet.**
- **No aspirin based medications.**



Let bub have lots of **rest**, no playing or exercise



Yarn to your pharmacist about **rehydrating** fluids like Gastrolyte or Hydralyte



Use **saline nasal** drops for **blocked nose** before feeding



Get bub to drink **small sips** of water during the day. If breastfeeding, give bub small feeds often during the day



If bub is not getting better see your GP or health clinic.

Go to the emergency department if bub:

Has pain that doesn't go away even with pain relief



Is vomiting or has diarrhoea



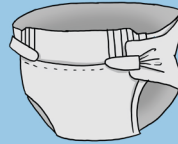
Has a high fever for 2 days



Is not drinking or eating for about 6 hours



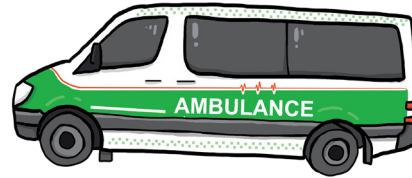
Is having less than 4 wet nappies a day



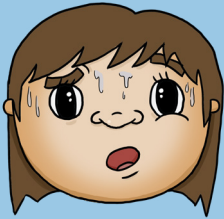
Or if you are worried for any reason



Call 000 for an ambulance if bub has:



Pale skin



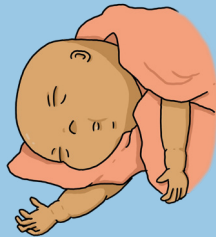
Difficulty breathing



A stiff neck, headache or rash



Hard to wake up

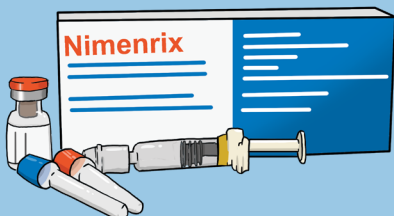


Vomiting



How to stop the spread of the virus:

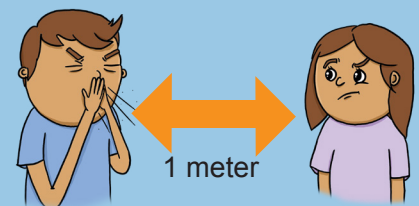
Be up to date with immunisations to help fight viruses like measles, mumps, rubella, chicken pox and flu



Eat healthy food and less junk food



Try to stay away from anyone who is unwell



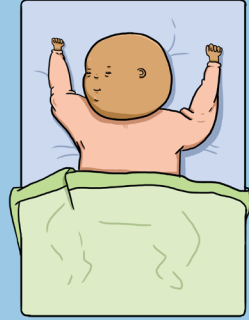
Wash hands with soap after going to the toilet, eating, sneezing or coughing



Bin all used tissues



Have a good night's sleep or rest



For more information you can:

- Visit www.healthywa.wa.gov.au
- Visit your GP or health clinic
- Call HealthDirect on 1800 022 222.



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Child and Adolescent Health Service

Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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