

Pediatric Pointers

by Dr. Joey Bell, Pembroke Pediatrics

Last issue we talked about cold symptoms in children. As promised this issue we will talk about how to deal with frequent colds. The first thing to remember is that if your child is gaining weight and is vigorous the health of the child is going to be good. As mentioned last week, it is common for kids to have cold symptoms, especially in the first year of life. Children get over colds by themselves. Although you can reduce the symptoms with medication you cannot shorten the course of the cold. Remember as parents that the long term outlook for kids having colds is good. The number of colds will decrease over the years as your child's body builds up a good immunity to various cold viruses.

symptoms are not distracting to classmates, gym activities or teen sports may need to be postponed for several days until your child feels well enough to participate in these. It does not make sense to keep a child home until there is no more virus being spread because this could take 2 to 3 weeks. Children shed germs during the first few days of their cold illness, before they even look sick or have symptoms. In other words contact with respiratory infection is unavoidable in group settings such as school or daycare.

When both parents work, repeated colds are extremely inconvenient and costly. Since the complication rate is low and the improvement rate is slow do not hesitate to leave your child with someone else at these times, perhaps a babysitter who is willing to care for a child with a fever. In

general your child may go back to daycare when the fever is gone. There is no reason to prolong the recovery at home if you need to return to work.

Remember, there is no instant cure for recurrent colds and other viruses. Antibiotics do not help unless your child has developed a complication caused by bacteria, such as ear infection, sinus infection, or pneumonia. Remember that colds are not caused by poor diet, lack of vitamins, bad weather, air conditioners, or wet feet. Remember also that the best time to have these inevitable cold infections and to develop immunity is during childhood.

That is all on cold symptoms. Take care. We will talk again next week.

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Delegates appointed to the United States Youth Program

WASHINGTON-- Senator John Edwards announced on Tuesday that Natalie Russell and Crystal Sanders will serve as North Carolina delegates to the United States Youth Program.

"I am pleased and proud that such outstanding students will represent North Carolina," Senator Edwards said. "I'm excited to see young people get the opportunity to come to Washington to learn first-hand how our democracy works."

Natalie Russell and Crystal Sanders will join 102 high schoolers from across the country in Washington D.C. from March 3-10, 2001. They will spend the week learning about government through visits to the Senate, House of Representatives, Supreme Court and Pentagon and through policy speeches by senators and Cabinet members.

Each state and the District of Columbia select two delegates and two alternates to participate in the yearly

program, created by the Senate in 1962. Delegates receive an all-expense paid week in Washington, D.C. and \$2,000 college scholarship courtesy of a grant from the William Randolph Hearst Foundation.

Natalie Russell, a senior at Mount Tabor High School in Winston-Salem, serves as a student council representative and is active in German Club and the German National Honor Society. She represented North Carolina as President Pro Tem of Tar Heel Girl's State and as Speaker Pro Tem of the YMCA North Caro-

lina Youth Legislature. Natalie plans to major in political science and history in college.

Crystal Turner of Clayton is president of student government, secretary of National Honor Society, and a member of the Youth Council at Clayton High School. She served as a page in the North Carolina House and Senate and as Governor at Tar Heel Girl's State. Crystal plans to study public policy and history in college.

Meredith Fulgum of Rocky Mount Senior High School and Fred Martin of Wake Forest Rolesville High School were chosen as North Carolina's alternates to the Senate Youth Program.


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