



## It's just a cold (but when to see a doctor)

See a doctor if you aren't getting any better or if your symptoms worsen, say medical experts from the FDA. With children, be alert for high fevers and for abnormal behavior such as unusual drowsiness, refusal to eat, crying a lot, holding the ears or stomach, and wheezing.

### Signs of trouble for all people can include:

- A cough that disrupts sleep
- A fever that won't go down
- Increased shortness of breath
- Face pain caused by a sinus infection
- Worsening of symptoms, high fever, chest pain, or a difference in the mucus you're producing, all after feeling better for a short time

Cold and flu complications may include bacterial infections (such as bronchitis, sinusitis, ear infections, and pneumonia) that could require antibiotics.

**Remember: While antibiotics are used against bacterial infections, they don't help against viral infections such as the cold or flu.**