

The Snot Rainbow

Snot is a combination of mucus and 'debris' (from dirt, germs, pollen etc). This mucus is made up mostly of water, along with antibodies, proteins and salt- our bodies make it 24/7 to keep our noses moist, to warm the air we breathe, and to trap and discard particles and organisms to prevent them from entering our bodies- specifically our lungs. As the snot comes into contact with the air, the water content evaporates and it becomes crusty. Snot's job is to help keep us healthy, but it can also unfortunately spread the germs it's ridding from our bodies by transferring them to the surrounding environment (droplet or contact transmission).

Clear

'Normal'/healthy, OR anything from a viral illness, hay fever, or allergic reactions. Clear snot is somewhat of an enigma when it comes to face value.

White

Less water content. This could be from a range of causes like dehydration, inflammation or congestion. Inflammation and congestion could be from allergies, or an infection.

Yellow

Likely the progression of a cold or infection (this could be viral or bacterial, the colour of the mucus here doesn't help in distinguishing what kind of infection could be present) the change in colour comes from white blood cells that the body has called to the area to fight an infection and are then discarded through the snot.

Green

Even more white blood cells, the immune system is, or has been really fighting back against something- so the mucus is thicker with dead white blood cells.

Red/pink

Likely the presence of blood- this generally occurs with damage, irritation or trauma to the lining of the nose. Small tears in the membrane lining the inside of the nose occur more easily when those membranes are inflamed from fighting off infection, or when they're dried out, as they're more prone to crust and crack.

Brown

This is likely old blood, or dirt!

Black

This could indicate a fungal infection, or the exposure to pollutants like exhaust fumes, coal, or smoke.

It's important to look for other symptoms accompanying a runny nose to help determine whether medical intervention would be beneficial.

Is the snot smelly?

Are you dealing with recurrent infections?

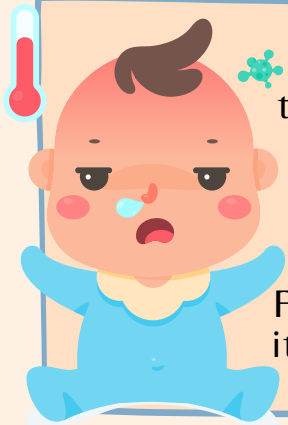
Is your child so congested that it's bothering them, causing discomfort or impacting the quality of their day?

Do they also have a cough or fever?

Are any symptoms worsening over time?

Talk to a healthcare professional if you are unsure or have concerns.

Fevers



A fever is when your body temperature is higher than normal. Having a fever can also be called 'having a temperature', a high temperature is most often a response to an infection, either viral or bacterial, but can also be the result of heat exhaustion or immunisations.

A normal temperature is around 36°C to 37°C, while a high temperature is usually considered to be above 38°C.

Fever is a part of your immune system response. If you have a fever, it is a sign that your body is working hard to get or stay well, as it is part of the body's way of fighting off infection.

Myths

- ✗ All temperatures over 40° celsius are dangerous
- ✗ Fevers from infections can cause brain damage
- ✗ All fevers need to be treated with medication
- ✗ The higher the temperature, the more serious the illness

Informed Knowledge

- ✓ A high temperature is a normal way for the body to fight off infection, if they are hydrated and otherwise well, there is little cause for alarm. However, if your baby is under 3 months old and has a fever, you should take them to the hospital emergency department immediately, even if they are not showing any other signs of being sick.
- ✓ Treat the symptoms, not the number, if your child is uncomfortable and unhappy, pain relief medication can help
- ✓ Fevers above 42° celsius can cause brain damage, however the body only reaches this temperature with environmental factors like being in a hot car or confined space, and NOT from fever caused by illness
- ✓ Monitor your child's overall well-being, look for symptoms they may be showing to indicate the potential seriousness of the cause of the fever.

Adeona requires you to collect your child if they develop a temperature of 38° or higher. There is then an exclusion period of 24 hours from the last temperature reading 38°, or post pain relief, whichever occurs last.

Febrile convulsions

A febrile convulsion happens when there is a rapid change in your child's body temperature caused by a fever. The brain's electrical signals 'short circuit' briefly, resulting in a convulsion (fit or seizure). It is important to note that it is the rapid change of body temperature during a fever that causes a febrile convulsion, not how high the temperature gets.

You can't prevent febrile convulsions. Giving your child paracetamol or ibuprofen to lower their temperature does not prevent a febrile convulsion from happening. Only give paracetamol or ibuprofen for comfort if your child has a fever and is miserable or in pain.

Remember, fever is the body's natural response to fight infection, and always see your doctor if you are worried about your child or have questions about their health.