

Running nose

Many parents think that their children may have caught a cold once they have a running nose. Although this is often the case, running nose is sometimes caused by factors such as smoke, dust and other nasal irritants.

Recurring running nose and coughing for long periods have been on the rise among children recently. This has been worrying parents. While it is always advisable to see a doctor, some parents may not know that their child has a hypersensitive respiratory system, or constitution, and are easily affected by allergens.

Parents need to be more observant. Colds are normally associated with fever, sore throat, joint pain as well as a running nose. Children with a cold also tend to be less active and have a reduced appetite for food.

Preventing running nose that is due to hypersensitive constitution is to keep your child in a clean-air environment, free of smoke, dust and other nasal-irritants. Also try to keep them active, playing games and taking part in sports.