

Treating your child's **cold**

Young children get 8 to 10 colds each year.¹ Children who are in day care, or spend time around school-age children, may have even more.¹ Colds can typically last as long as 10 days.¹ You cannot cure a cold; it will usually go away on its own.¹ But there are ways to ease your child's symptoms.

When children get a cold, these are your best bets to help relieve their symptoms:

Congestion

- Plain saline nose drops can help thin thick mucus, and a suction bulb can be used to remove it from your child's nose¹
- A cool-mist humidifier can also help clear a stuffy nose¹
- For runny noses, help your child gently blow into a soft tissue as needed. Applying petroleum jelly to the outer nose and upper lip can help prevent chapping and soreness that may make blowing hurt²

Cough

- Plenty of fluids are important to keep a sick child well-hydrated and to soothe coughs³
- During rest time, elevate your child's head by placing a folded blanket or two under the mattress (Pillows aren't a safe idea for young children)³

Fever/sore throat

- Fever and minor sore throat pain may be treated with Children's **TYLENOL**[®] (acetaminophen) or Children's **MOTRIN**[®] (ibuprofen)
 - Talk to your doctor before using Infants' **TYLENOL**[®] (acetaminophen) in children under 2 years of age



Cough and cold medicines should not be given to children under 4 years of age.

For tips on how to properly use over-the-counter pain medicine in children, see the backside of this page.

As always, be sure to talk to your healthcare provider or pharmacist if you have any questions.

References: **1.** American Academy of Pediatrics. Caring for your baby and young child: birth to age 5. 2004. Available at: http://www.aap.org/publiced/BKO_colds.htm. Accessed November 10, 2008. **2.** American Academy of Pediatrics. Home remedies to soothe your child's cold symptoms. AAP News. 2007;28:25. **3.** McCarthy C. Survival guides for kids' colds: managing without medication. 2007. Available at: www.intelihealth.com/IH/IhtPrint/WSDSC/35320/35325/650335.html?d=dmthMSContent&hide=t&k=basePrint. Accessed November 10, 2008.

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Proper Use of over-the-counter pain relievers

When used as directed, pain medicines, such as Children's TYLENOL® (acetaminophen) and Children's MOTRIN® (ibuprofen), provide effective relief for fever and minor aches and pains that your child may experience with a cold. Here is how to properly use these medicines in children:

Be certain to read the label and follow instructions exactly, including:¹

- Talking to your doctor before using Infants' TYLENOL® (acetaminophen) in children under 2 years of age
- Giving the proper amount of medicine for your child's weight/age
- Understanding how often the dose can be given
- Understanding the maximum number of doses your child can take in 24 hours

Never give adult-formula medicines to children, even in smaller doses.²

Always use the dosing device that comes packaged with the medicine.²

If your child is taking more than one medicine, check the active ingredients labels on each to make sure they don't contain any of the same ingredients.²

- Acetaminophen is the active ingredient in Children's TYLENOL® (acetaminophen is sometimes abbreviated APAP)
- Ibuprofen is the active ingredient in Children's MOTRIN®

Keep all medicines out of the reach of children—lock medicines away so children can't get to them.³



Do not use kitchen spoons or devices from other medicines.²

If you ever have questions about the proper use of medicines, call your healthcare provider.

References: **1.** US Food and Drug Administration. How to give medicine to children. Available at: <http://www.fda.gov/opacom/lowlit/medchld.html>. Accessed November 10, 2008. **2.** US Food and Drug Administration. FDA statement following CHPA's announcement on nonprescription over-the-counter cough and cold medicines in children. Available at: <http://www.fda.gov/bbs/topics/NEWS/2008/NEW01899.html>. Accessed November 10, 2008. **3.** American Academy of Pediatrics. What is the best way to give my child medicine? Available at: www.aap.org/publiced/BR_Medicine.htm. Accessed November 10, 2008.

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