

What you need  
to know about...

## Your Baby's First Colds

Colds are very common among babies and usually don't lead to anything serious. In fact, most babies have 8 to 10 colds before their 2nd birthday.

Cold symptoms—such as runny or stuffy nose, coughing, sneezing, and mild fever—usually go away on their own in 7 to 10 days. In most cases, you only need to give cuddles and comfort. Here are some things that can help even the youngest babies feel better:

### To clear a stuffy nose:

Use plain saline (salt water) nose drops and a rubber suction bulb before feedings and bedtime. Place two drops in each nostril. Squeeze air out of the suction bulb first, then gently place the tip into the nostril. Slowly let go of the bulb to remove mucus. This works best for babies younger than 6 months. Later, if your baby fights the bulb, just use the nose drops to help thin mucus.

### To relieve discomfort from mild fever (101°-102°F):

Acetaminophen (found in Infants' **TYLENOL**®) or ibuprofen (found in Infants' **MOTRIN**®) may help. Ask your doctor if these products are right for your baby.

### To make sure baby gets enough fluids:

Offer additional fluids (such as milk or formula) throughout the day. Stuffy noses can make it hard for babies to drink much at one feeding.

### For babies 3 months or younger, call the doctor right away.

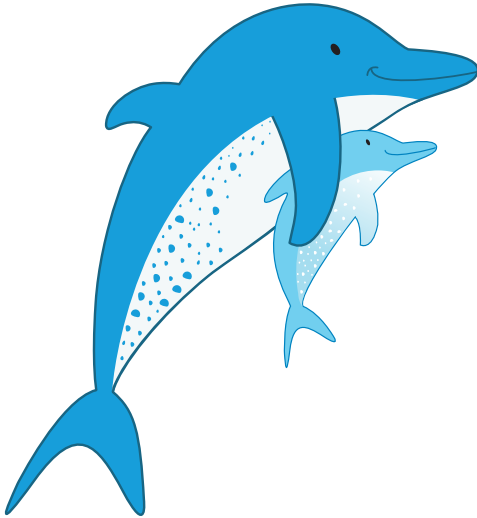
In these babies, cold symptoms can be misleading and can quickly lead to more serious problems, like breathing trouble. Your doctor may want to examine your baby to be sure it's not more than a simple common cold.

### For babies older than 3 months, call the doctor right away if the baby has symptoms such as:

- Is having breathing trouble. Signs include fast breathing, nostrils widening with each breath, lips or nails that look blue
- A fever higher than 102°F
- Being unusually tired or cranky
- Not acting like himself/herself

### The American Academy of Pediatrics recommends these steps:

- Keep baby away from anyone with obvious cold symptoms
- Everyone should wash their hands with soap and water before touching baby
- Keep baby away from crowded places such as public transportation, restaurants, and shopping areas, if possible
- Breastfeed baby, even when you have a cold, to pass on your own virus-preventive antibodies
- Be sure family members get a flu vaccine—and baby also at 6 months old



### Download FREE Kids' Wellness Tracker

Track your child's height, weight, BMI, vaccines, symptoms, and medicines, plus calculate dosing.



Health Tips from McNeil Consumer Healthcare Division of McNEIL-PPC, Inc.,  
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