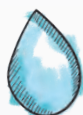


EDUCATION ON CALL

# Colds and the Flu

If there's one thing kids seem to have no trouble sharing, it's their germs. In fact, most children will come down with 8-10 colds before their 2nd birthday. Here are some steps you can take to help your child feel better when they have a cold or the flu.



## Clear head and chest congestion

Plain saline (salt water) nose drops can help clear a stuffy nose. For babies, use a suction bulb or nasal aspirator to remove mucus after using the drops. To loosen mucus in the chest, gently tap on your child's back. At night, place a cool-mist humidifier near your child's bed.



## Soothe cough and sore throat

Chicken soup or other warm liquids can soothe an irritated throat. Children ages 4 and up can also use cough drops or throat lozenges. For coughs, try honey if your child is older than 1 year.



## Prevent dehydration

Have your child drink lots of fluids. If they refuse, try popsicles. For babies, offer extra formula or milk throughout the day. Continue to breastfeed baby even if you have a cold to pass on your own virus-preventive antibodies.



## Call the pediatrician

If your child is older than 3 months, call the doctor if they are having trouble breathing, being unusually tired or cranky, acting abnormal, or have a fever higher than 102°F. For babies under 3 months old, call the doctor at the first sign of symptoms.

### Is it a cold or the flu?

#### Cold

##### Symptoms come on gradually and last 2-14 days

- Mild symptoms
- Runny or stuffy nose
- Fatigue
- Cough
- Muscle aches
- Headache
- Sore throat
- Sneezing and watery eyes

#### Flu

##### Intense symptoms come on quickly and last 2-7 days (cough and fatigue may linger for weeks)

- Fever (usually over 101°F)
- Stuffy nose
- Extreme fatigue
- Dry cough
- Headache
- Muscles aches, chills, and sweats
- Nausea, vomiting, and diarrhea (sometimes)
- Loss of appetite

Although colds usually go away on their own and don't lead to anything more serious, it's always a good idea to talk to your child's doctor if you have any questions or concerns.



**To help protect your kids** over age 6 months from illness, get a flu vaccination for them and all others in your household for whom it is appropriate.

For aches, pain, and fever, **TYLENOL®** and **MOTRIN®** are

# Always On Call

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