

Cold & Flu

Most children will have 8-10 colds before their 2nd birthday. Here are some ways to help your child feel better. Talk to your child's doctor if you have any questions or concerns.



Clear a stuffy nose

- Put a cool mist humidifier near your child's bed
- Use saline (salt water) nose drops or spray
- For a baby: suck out mucus with a rubber bulb after using nose drops or spray



Prevent dehydration

- If the body does not have enough liquids, it can get too dry, or "dehydrated." Have your child drink a lot of water and other liquids to stay healthy
- If they can't or won't drink, try popsicles
- For a baby, offer extra formula or breast milk throughout the day; continue to breastfeed even if you have a cold, so you can pass on your body's natural germ fighters



Soothe cough and sore throat

- Chicken soup or other warm liquids can soothe a sore throat
- For coughs, try honey if your child is older than 1 year



Try pain and fever medicine

- Infants' and Children's TYLENOL® relieves pain and fever while being gentle on your child's tummy
- Infants' and Children's MOTRIN® works fast and lasts up to 8 hours, so it can be a good choice when your child needs relief that lasts through the night



Is it a cold or the flu?

TYPICAL SIGNS OF A COLD:

- Sore throat
- Fever when first sick, or no fever
- Runny or stuffy nose
- Mucus starts clear but changes to gray; it can also be yellow or green
- At times: cough and hoarse voice
- Sneezing and watery eyes

TYPICAL SIGNS OF THE FLU:

- Can seem like a bad cold, but comes on faster
- Fever with a runny nose, sore throat, and bad cough
- Muscle pain, headache, and chills
- Nausea and diarrhea

The flu vaccine is usually a good idea for all children older than 6 months; talk to your child's doctor to learn more.