COUGH AND COLD CARE FOR CHILDREN

Protect you and your child from getting sick:

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.
- Get recommended vaccines.

Learn more about antibiotics, appropriate antibiotic use, and antibiotic stewardship:

www.health.state.mn.us/diseases/antibioticresistance
www.health.state.mn.us/onehealthabx
www.cdc.gov/antibiotic-use
www.cdc.gov/drugresistance

Do-It-Yourself Guide

Our providers are committed to prescribing antibiotics only when needed.

GENERAL ADVICE

- Always use over-the-counter products as directed, and consult your child’s health care provider with questions or concerns.
- Do not use cough and cold products in kids under 4 years old unless specifically told by your health care provider.
- Wash hands often with soap and water; if not visibly soiled, can use hand sanitizer.
- Get plenty of rest.
- Drink extra water and juice.
- Avoid secondhand smoke and other pollutants.

Use this guide to gather ideas on how your child can get symptom relief without antibiotics.

ANTIBIOTICS
OWN the PROBLEM • OWN the SOLUTION • OWN your HEALTH

TAKING ANTIBIOTICS FOR VIRAL INFECTIONS WILL NOT HELP YOUR CHILD AND COULD HARM THEM.
**SORE THROAT**
- Use ice chips or popsicles; kids over 1 year old can use honey; kids over 4 years old can use lozenges or sore throat spray.
- Use a clean humidifier or cool mist vaporizer.
- gargle salt water.
- Take acetaminophen (infants under 6 months old) or ibuprofen (kids over 6 months old) to relieve pain or fever.
- Drink warm beverages.

**RUNNY NOSE**
- Get plenty of rest.
- Drink extra water and juice.
- Use a rubber suction bulb to remove congestion in infants.
- Use a decongestant or saline nasal spray (kids over 4 years old).

**COUGH**
- Use a clean humidifier or cool mist vaporizer.
- Breathe in steam from a shower or bowl of hot water.
- Use honey for kids over 1 year old and cough syrup or non-medicated lozenges for kids over 4 years old.

**SHopping list:**
- Honey >1 year
- Cough syrup >4 years
- Lozenges >4 years

**SINUS PAIN/ PRESSURE**
- Put a warm compress over the nose and forehead.
- Breathe in steam from a shower or bowl of hot water.
- Take acetaminophen (infants under 6 months old) or ibuprofen (kids over 6 months old) to relieve pain or fever.
- Use a decongestant or saline nasal spray (kids over 4 years old).

**SINUS PAIN/ PRESSURE**
- Put a warm compress over the nose and forehead.
- Breathe in steam from a shower or bowl of hot water.
- Take acetaminophen (infants under 6 months old) or ibuprofen (kids over 6 months old) to relieve pain or fever.
- Use a decongestant or saline nasal spray (kids over 4 years old).

**SHOPPING list:**
- Acetaminophen <6 months
- Ibuprofen >6 months
- Saline nasal spray or decongestant >4 years

**SORE THROAT**
- Sore throat spray >4 years
- Lozenges >4 years

**COUGH**
- Popsicles
- Acetaminophen <6 months
- Ibuprofen >6 months

**SORE THROAT**
- Chicken soup
- Hand sanitizer

**SHOPPING list:**
- Honey >1 year
- Cough syrup >4 years
- Lozenges >4 years

**COUGH**
- Honey >1 year
- Cough syrup >4 years
- Lozenges >4 years

**SHOPPING list:**
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- Ibuprofen >6 months
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