

Cold, Cough & Congestion

What to do when my child has a cold?

1. There is no cure for the common cold. Most children can get up to 8 colds a year, especially during the winter months.
2. The best you can do as a caregiver is to keep your child comfortable.
 - Your child should take rest or sleep if tired.
 - Drink plenty of clear liquids especially water
 - Use preferably a cool mist humidifier or vaporizer at night.
 - Attempt to clear a stuffy nose with saline drops and suctioning device especially if less than age one.
 - Manage fevers (>100.4F) only to keep child comfortable, especially to help them drink or sleep comfortably. Remember, fevers are a natural response of the immune system. Sometimes children can breathe fast when having a fever, but once fever comes down, they should be breathing normally.
3. To prevent your child from spreading the cold to others, teach your child to sneeze or cough away from others, into the crook of their elbow or shoulder; wash their hands with soap and water; and keep distance from other infants.

What to do when my child has a cough?

1. There is some evidence that honey may ease a child's cough. Make sure to only give honey if child is over age 1.
 - For children age 1 to 5: ½ tsp of honey
 - For children ages 6 to 11: 1 tsp of honey
 - For children ages 12 years or older: 2 tsps of honey
2. Cough drops or lozenges (only to be considered for children 4 years and older)
3. Mentholated ointment or Vapor Rubs
4. Place them in steamed shower rooms and consume plenty of clear liquids (water or soup) to help thin out the child's mucus.

What concerning signs and symptoms should my child be seen for?

1. Labored breathing
 - Is your infant or child's chest or neck muscles retracting? (moving in and out)?
 - Is your infant or child grunting?
 - Are the nostrils of your infant or child's flaring?
2. Inconsolable crying
 - Is your infant or child unable to be soothed despite feeding or using other comforts of measure as described above?
3. Decreased wet diapers
 - Has your infant not had wet diapers for over 8 hours?