

Most kids will have 8 to 10 colds before their 2nd birthday. If they're in daycare or have school-age siblings, they may get even more. Colds will usually go away on their own and don't lead to anything more serious. In the meantime, make sure your child gets extra rest and drinks lots of liquids. For other symptoms, here are some steps you can take to help your child feel better.

## Stuffy noses and chest congestion

Plain saline (salt water) nose drops can help clear a stuffy nose. For babies, use a suction bulb 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.

## Coughs or sore throats

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 2 years (1/2 teaspoon for ages 2 to 5 years, 1 tsp for ages 6 to 11 years, and 2 tsp for 12 years and up).

## Relief from fever and aches

Acetaminophen (found in Children's **TYLENOL**®) and ibuprofen (found in Children's **MOTRIN**®) are safe and effective when taken as directed. Ask your doctor for his or her recommendation.



## How to tell if it's a cold or the flu

### COLD

Symptoms come on gradually, with no fever or only mild fever

A little tired, but energy for normal activities

Stuffy, runny nose

Mild cough, sore throat

### FLU

Intense symptoms that come on quickly, including fever (usually over 101°F)

Extremely tired

Stuffy, runny nose (sometimes)

Dry cough, sore throat

Aches and chills

Vomiting or diarrhea (sometimes)

**It's always a good idea to ask your doctor what cold or flu symptoms should prompt a call to the office.**