

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

Our providers are committed to prescribing antibiotics only when needed.



TAKING ANTIBIOTICS FOR VIRAL INFECTIONS WILL NOT HELP YOUR CHILD AND COULD HARM THEM.

## 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.

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](http://www.health.state.mn.us/diseases/antibioticresistance)

[www.health.state.mn.us/onehealthabx](http://www.health.state.mn.us/onehealthabx)

[www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use)

[www.cdc.gov/drugresistance](http://www.cdc.gov/drugresistance)



# COUGH AND COLD CARE FOR CHILDREN

## Do-It-Yourself Guide



## 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.

### Shopping list:



Popsicles



Acetaminophen <6 months  
Ibuprofen >6 months



Honey  
>1 year



Sore throat spray  
>4 years



Lozenges  
>4 years

### Other items:



Chicken soup



Hand sanitizer

## 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

## 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).

### Shopping list:



Tissues



Saline nasal spray  
or decongestant >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).

### Shopping list:



Acetaminophen <6 months  
Ibuprofen >6 months



Saline nasal spray or  
decongestant >4 years

## EAR PAIN



- Put a warm, moist cloth over the ear that hurts.
- Take acetaminophen (infants under 6 months old) or ibuprofen (kids over 6 months old) to relieve pain or fever.

### Shopping list:



Acetaminophen <6 months  
Ibuprofen >6 months