



WHAT SHOULD I DO IF MY CHILD OR I GET SICK?

There's no cure for the common cold, but there are a few measures you can take to effectively treat symptoms. Here's what you can do to help you and your family in the case of illness:

- Remember, it's viral, so antibiotics won't help
- Get plenty of rest
- Stay hydrated — Drink plenty of fluids such as water, juice, or clear broth
 - In adults and children 4 and older, guaifenesin, an expectorant found in many cough and cold medicines, can work along with hydration to thin and loosen mucus, to alleviate symptoms and make coughs more productive
- Treat symptoms that become disruptive to your daily routine with the appropriate over-the-counter (OTC) cough and cold medications
 - OTC decongestants, antihistamines, and pain relievers might provide some relief
 - In children under 4, ease symptoms with acetaminophen or ibuprofen to lessen aches and pains

Call your doctor or your child's pediatrician if symptoms do not improve after 7 days or have gotten worse.

SOURCES:

Centers for Disease Control and Prevention website. www.cdc.gov. Accessed June 3, 2015.

Mayo Clinic website. www.mayoclinic.org. Accessed June 3, 2015.



HEALTH • HYGIENE • HOME