

Cough & Cold

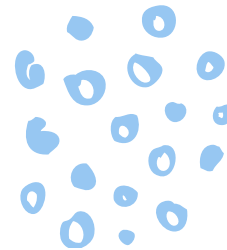


KEĀNUENUE PEDIATRICS



TYPICAL SYMPTOMS

- Fever
- Runny nose
- Cough
- Sore throat
- Headache



WHAT ARE THINGS I CAN DO TO HELP WITHOUT MEDICINE?

- Keep them hydrated. They probably will not eat solid foods, but as long as they can keep themselves hydrated, we're happy.
- Honey can be used to help with sore throat or cough.
Avoid in those less than 1 year old.
- Humidifiers can help with congestion
- Running the hot shower to create steam in the bathroom. This can help drain the nose. Of course avoid putting your child in the hot water.
- Teas and soups can also help
- Lots of rest!



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WHICH MEDICINES CAN I GIVE?

- Tylenol as needed to help with fevers. Check out our website for dosing!
- Ibuprofen as need to help with fevers or pain. For those greater than 6 months of age. Check out our website for dosing!
- Yes, you can use both Tylenol and ibuprofen if needed. They both help with fevers but are different medicines.
- **Avoid cough medicine.** This has not been shown to work and can sometimes be dangerous.
- You may use honey for cough but **avoid for those less than 1 year old.**



WHEN SHOULD I WORRY OR CONTACT MY DOCTOR?



- If your child is unable to keep down any liquids or keep themselves hydrated.
- Difficulty breathing, chest pain
- Only has fever and sore throat
- Ear pain
- Fever lasts for 5 days or greater.
- Any other concerns. We are here for you!