

# Cold Remedies for Children



Symptom	Infant	Toddler	Child
<b>Prevention</b>	Infants 6 months and younger cannot get a flu vaccine	Children 6 months or older should get a flu vaccine	Flu vaccine and proper hygiene techniques, like handwashing
<b>Runny Nose</b>	Use saline nose drops and gently remove mucus with a nasal bulb	Use saline nose drops and gently remove mucus with a nasal bulb	May use over-the-counter medicines as directed
<b>Stuffy Nose</b>	Use a cool-mist humidifier	Use a cool-mist humidifier	Use a cool-mist humidifier
<b>Cough</b>	Increase liquid intake	Children ages 1 and older can have warm water with honey	Warm apple juice or other soothing liquids
<b>Fever</b>	For infants younger than two months, contact your pediatrician right away	With your pediatrician's recommendation, you can give children's acetaminophen or ibuprofen; contact pediatrician for lingering fevers	Children's acetaminophen or ibuprofen



**Source:**

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