

KIDS GET SICK A LOT IN THE WINTER

COLDS & COUGHS

TRADITIONAL REMEDIES FOR INFANTS:

1. Run humidifier in your child's bedroom
Cool mist portable version recommended for safety reasons
May actually worsen certain asthma patients...so be careful
2. Keep your child in more upright position to help promote postural drainage
During daytime, keep child propped up in infant carrier
At nighttime, elevate child's head by placing rolled up blanket under head of the mattress
3. For significant nasal congestion, gently suction your child's nose with bulb aspirator
Good idea to suction right before feeding and sleeping
Try instilling a few drops of nasal saline solution prior to suctioning to make job easier
4. Push fluids
If breastfeeding: may have to nurse more frequently
If bottle feeding: try Pedialyte® if formula or milk produces too much mucus or phlegm

YOUR CHILD WILL EXPERIENCE THE FOLLOWING SYMPTOMS:

1. Upper respiratory infection---fancy name for a "cold"
Fever
Runny nose
Sore throat
Loose cough
Generally lasts 7-10 days
2. Laryngotracheobronchitis---croup
Fever
Runny nose
Sore throat
Deep cough sounding like a barking dog or seal that worsens at night
Generally lasts 3-4 days
3. Respiratory syncytial virus (RSV)---bronchiolitis
Fever
Profuse runny nose
Continuous cough
Wheezing
Generally lasts 10-14 days (especially in young children)
4. Influenza---the "flu"
Fever lasting up to one week (real high numbers)
Headache
Runny nose
Sore throat
Deep cough
Muscle and body aches
Fatigue
Generally lasts 5-7 days

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FEVER CONTROL

Acetaminophen (Tylenol®)

Recommended first line treatment for fevers

Should be administered only as needed except in special circumstances*

Generally not used in children under 3 months unless recommended by the doctor

Can be taken along with other medications as long as they do not contain acetaminophen

Below is the recommended dosing for children less than 2 years of age

(For older children consult dosage schedule on label or packaging)

1. Always carefully follow the instructions on the label or packaging
2. Use the measuring device that comes with the medicine to avoid dangerous overdose
3. When dosing, use weight over age
4. Do not exceed 5 doses in 24 hours
5. Do not give with other medications containing acetaminophen to avoid dangerous overdose

INFANTS' OR CHILDREN'S ACETAMINOPHEN ORAL SUSPENSION (160 mg acetaminophen per 5 ml)

> 3 months 8-11 lbs 1/4 tsp = 1.25 ml every 4-6 hours as needed

4-11 months 12-17 lbs 1/2 tsp = 2.5 ml every 4-6 hours as needed

12-23 months 18-23 lbs 3/4 tsp = 3.75 ml every 4-6 hours as needed

Ibuprofen (Advil® or Motrin®)

Recommended for elevated fevers (over 102.5° F) not responding to acetaminophen

Should be administered only as needed except in special circumstances*

Generally not used in children under 6 months unless recommended by the doctor

Can be taken along with other medications as long as they do not contain ibuprofen

Below is the recommended dosing for children less than 2 years of age

(For older children consult dosage schedule on label or packaging)

1. Always carefully follow the instructions on the label or packaging
2. Use the measuring device that comes with the medicine to avoid dangerous overdose
3. When dosing, use weight over age
4. Do not exceed 4 doses in 24 hours
5. Do not give with other medications containing ibuprofen to avoid dangerous overdose

DO NOT CONFUSE INFANTS' CONCENTRATED DROPS WITH CHILDREN'S ORAL SUSPENSION

INFANTS' CONCENTRATED DROPS CONTAIN TWICE AS MUCH MEDICINE

USE THE MEASURING DEVICE THAT COMES WITH THE MEDICINE TO AVOID DANGEROUS OVERDOSE

DROPS COME WITH A DROPPER OR SYRINGE; SUSPENSION COMES WITH A DOSING CUP

INFANTS' IBUPROFEN CONCENTRATED DROPS (50 mg ibuprofen per 1.25 ml)

6-11 months 12-17 lbs 1.25 ml every 6-8 hours as needed

12-23 months 18-23 lbs 1.875 ml every 6-8 hours as needed

CHILDREN'S IBUPROFEN ORAL SUSPENSION (100 mg ibuprofen per 5 ml)

6-11 months 12-17 lbs 1/2 tsp = 2.5 ml every 6-8 hours as needed

12-23 months 18-23 lbs 3/4 tsp = 3.75 ml every 6-8 hours as needed

Special circumstances*

When strict fever control is required in children over 6 months

Alternate dosing of acetaminophen and ibuprofen every 3 hours

(acetaminophen at 12 pm --> ibuprofen at 3 pm --> acetaminophen at 6 pm --> ibuprofen at 9 pm ...)