

IS IT A COLD OR ALLERGIES?

HOW TO EASE YOUR CHILD'S SYMPTOMS

RELIEVE COLD SYMPTOMS

Clear a stuffy nose

- Put a cool-mist humidifier near your child's bed.
- Use saline (salt water) nose drops or spray.
- For a baby, suck out mucus with a rubber bulb after using nose drops or spray.

Keep giving liquids

- Have your child drink a lot of water and other liquids. If your child won't drink, try a frozen treat.
- For a baby, offer extra formula or breast milk throughout the day.

Try pain and fever medication

- Infants' and children's Tylenol and infants and children's motrin relieve the pain and fever of colds

RELIEVE ALLERGY SYMPTOMS

Reduce the pollen your child breathes in

- Rinse face and eyes after time outside to remove pollen.
- Keep windows closed during allergy season.

Reduce dust and dust mites

- Use a vacuum with a high-efficiency (HEPA) filter weekly.
- Wash bedding weekly in hot water.

Try allergy medicine

- Children's Zyrtec relieves sneezing, runny nose, itchy watery eyes, and itching of the nose and throat for children ages 2 and older.

USE THIS TABLE TO LEARN ABOUT TYPICAL SYMPTOMS AND TO HELP TELL A COLD FROM ALLERGIES

	COLD	VS. ALLERGES
FEVER	MAYBE	NEVER
SORE THROAT + COUGH	YES	NO
ITCHY THROAT OR NOSE	NO	YES
SNEEZING	YES	YES
RUNNY NOSE	YES	YES
ITCHY, WATERY EYES	NO	YES
HOW LONG	UP to 2 Weeks	Weeks -Months
CONTAGIOUS	YES	Never

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