



INFANT CONGESTION TIPS



**LET'S HELP
STOP THE
SPREAD OF
CORONAVIRUS**

03

Saline and Bulb suctions

Use 1-2 drops saline per nostril.

Let sit for 30 sec-1 minute before using bulb suction. Repeat as needed.

01

Elevate the head of baby's bed.

Do so by placing blankets or pillows under the mattress.



04

Over the counter products.

- Baby Vicks rub on the feet with socks.
- Zarbee's for infants or Hylands.

02

Use a humidifier at night.

If unable to get humidifier, sit with baby in bathroom while running hot steamy water.

05

After 6 months of age, have baby evaluated for allergies.