

WHAT CAN I DO WHEN MY CHILD FIVE AND UNDER HAS A COLD?

- **Avoid dehydration.** Make sure your child drinks plenty of fluids. Electrolyte-containing products, such as Pedialyte, are good fluids to use if the child is not eating much solid food.
- **Gently suction the nose.** If your infant has difficulty nursing or breathing through his or her nose because of congestion, you can clear the nose gently with a rubber suction bulb before feedings. You can buy suction bulbs at your local pharmacy.
 - If your infant has very thick mucus, you can use saline nose drops up to five times a day. Mix ¼ teaspoon of table salt with 1 cup (8 oz) of warm water. Use a clean eyedropper to place 2 drops in each nostril and then gently suction the drops out. Wait a few minutes between nostrils.
- **Consider giving medication for fever.** A fever is a temperature of over 99.5° measured under the arm and over 100.5 measured rectally. If your child has a fever:
 - Discuss when to give acetaminophen or ibuprofen with your child's doctor or nurse.
- **Watch for warning signs.** Contact your doctor or nurse if your child is breathing harder/faster than normal or wheezing; has fewer wet diapers; is extremely fussy or unusually sleepy; has an earache, rash or persistent fever; is less than 3 months old or is not better after 10 days. Call your doctor or nurse for anything that is causing you significant concern.
- **Consider a cool mist humidifier if the air in your house is dry.** Make sure to clean and dry the humidifier regularly to prevent growth of mold and bacteria.
- **Reduce the spread of the cold.** The best way to avoid having others in your household get sick is to regularly wash your hands with soap and water.

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