

# 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

**GOOD HAND WASHING IS ESSENTIAL TO PREVENT SPREAD OF INFECTION**

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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 ...)

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