

Let's Talk About...

Treating Symptoms Caused by Colds, Covid, Flu, or Other Respiratory Viruses (for those 0 to 12)

- Do not give aspirin or salicylic acid to children of any age.
- Do not give ibuprofen to children younger than 6 months.
- Do not give honey to children younger than 1 year.

Age of child: _____

Here are some over-the-counter medicines and other ways to treat your child's symptoms. Have your medical provider or pharmacist check the boxes for the treatments that will work best. **Do not use if the box is not checked.**

If your child is	If your child has	Use (active ingredient)	Comments
Younger than 3 months	Stuffy nose	Saline nose drops	Do not give over-the-counter medicine.
		Nose suction often	
		Cool mist humidifier	
	Fever greater than 100°F (37.8°C)	Call the doctor	Doctor's office phone number: _____
Fast breathing or working hard to breathe			
	No appetite (not drinking or nursing)		
3 to 6 months	Stuffy nose	Saline nose drops	Doctor's office phone number: _____
		Nose suction often	
		Cool mist humidifier	
	Pain or fever, 100.4°F (38°C) to 101.9°F (38.8°C)	Acetaminophen	
	Fever greater than 102°F (38.9°C)	Call the doctor	
6 to 12 months	Stuffy nose	Saline nose drops	
		Nose suction often	
		Cool mist humidifier	
	Pain or fever, 100.4°F (38°C) or greater	Acetaminophen or Ibuprofen	
1 to 6 years	Stuffy nose	Saline nose drops	Talk to your doctor about cough medicine for children between 4 and 6 years.
		Nose suction often	
		Cool mist humidifier	
	Pain or fever, 100.4°F (38°C) or greater	Acetaminophen or Ibuprofen	
	Cough or sore throat	Honey	
6 to 12 years	Stuffy nose	Cool mist humidifier	
		Phenylephrine or Pseudoephedrine	
		Saline nasal spray	
		Nasal/sinus irrigation (neti pot)	
	Pain or fever, 100.4°F (38°C) or greater	Acetaminophen or Ibuprofen	
	Sore throat	Throat lozenges	
		Honey	
	Cough	Guaifenesin	
Dextromethorphan			
Cool mist humidifier			
		Honey	
		Other:	

Be sure to read the medicine label carefully

Look on the back of the medicine; the active ingredient is found here

Drug Facts

Active ingredient (in each tablet)

Chlorpheniramine maleate 2 mg

Purpose

Antihistamine

Special warnings and instructions about giving medicines to young children

- Do not give medicines that contain aspirin or salicylic acid to children of any age. Liquid Pepto-Bismol is an example of medicine to avoid.
- Do not give Dextromethorphan or any other cough suppressant to a child with asthma.
- The **Pediatric Dosing Guide: Acetaminophen and Ibuprofen in English** and **Spanish** can help you understand the right amount of Acetaminophen and Ibuprofen to give your child.
- To use honey to treat cough and sore throat: Mix 2 teaspoons (tsp) of honey with warm water or herbal tea. Have your child drink this mixture once or twice a day. Do not give honey to children younger than 1 year.
- Gently suction your baby's nose. You can find instructions [here](#).

Other tips or instructions from your healthcare provider:

How long will my child's symptoms last?

It's normal for the symptoms of a viral infection to last up to 14 days or longer, depending on the type of infection. It's also possible for your child to get more than one upper respiratory infection at the same time.

For most children, the worst part is usually over in about 10 days, although a cough may last for 3 weeks.



- Fever: Up to 4 days
- Stuffy or runny nose: Up to 10 days
- Cough: Up to 3 weeks or more

Call your doctor if your child:

- Has a fever of 100.4°F (38°C) or greater for 5 days in a row
- Has difficulty breathing
- Quits drinking or doesn't drink enough
- Has a cough that lasts longer than 3 weeks or if you hear wheezing (whistling sound when they breath in and out)
- Has other issues that concern you

Adapted from Atrium Health
atriumhealth.org

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