

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 1 month	Stuffy nose		Saline nose drops	Do not give over-the-counter medicine.	
			Nose suction often		
			Cool mist humidifier		
	Fever of 100.4°F (38.0°C) or higher		Call the doctor	Doctor's office phone number: _____	
	Fast breathing or working hard to breathe				
	No appetite (not drinking or nursing)				
2 to 12 months	Stuffy nose		Saline nose drops	Doctor's office phone number: _____	
			Nose suction often		
			Cool mist humidifier		
	Pain or fever		Acetaminophen		
	Other				
1 to 6 years	Stuffy nose		Saline nose drops		
			Nose suction often		
			Cool mist humidifier		
	Pain or fever		Acetaminophen		
			Ibuprofen		
	Cough or sore throat		Honey		
	Other				
6 to 12 years	Stuffy nose		Cool mist humidifier		
			Saline nasal spray		
			Nasal/sinus irrigation (neti pot)		
	Pain or fever		Acetaminophen or Ibuprofen		
	Sore throat		Throat lozenges		
			Honey		
	Cough		Guaifenesin		
			Cool mist humidifier		
			Honey		
Other					

 **Dextromethorphan is not recommended for use at any age. It is a common ingredient in over-the-counter cough medicines such as Delsym®, Robitussin®, Dayquil®, Nyquil® and other cough and cold medications.**

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 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.



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 higher 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