



The Center
for Children and Women

COLD & FLU SURVIVAL GUIDE

How to manage your child's cold and flu symptoms

PREVENTION

How to prevent an onset of a flu or cold

COLD

- Make sure your child covers his or her mouth when coughing or sneezing.
- Wash your and your child's hands often.

FLU

- Get a flu shot every year. Flu shots are usually ready in September or October.
- Wash your and your child's hands often.





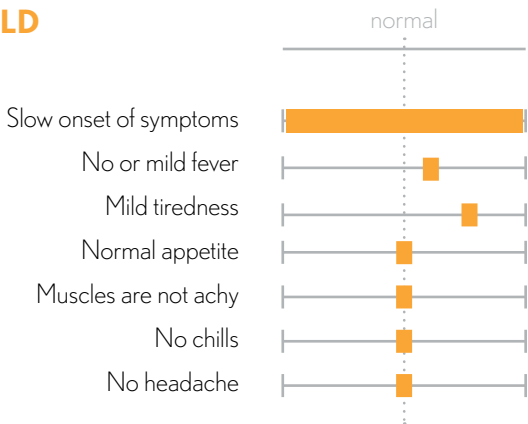


Does my child
have the flu or
a cold?

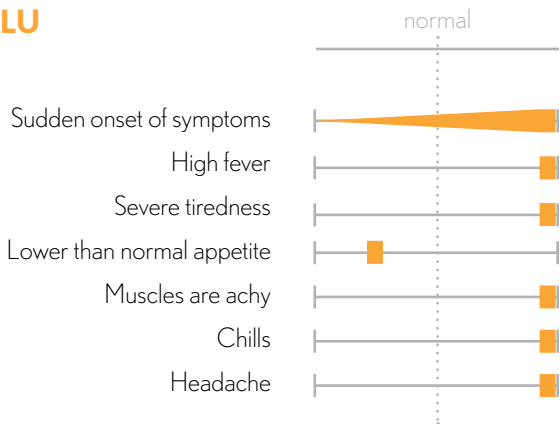
SYMPTOMS

What symptoms to look for

COLD



FLU



CARE

What to do if your child has a flu or cold

- Allow your child to **rest**.
- Make sure he or she **drinks plenty of fluids**.
- **Use a suction bulb** to clear your baby's stopped up nose. You can use saline nasal spray (Ocean nasal spray, NaSal) before you use the suction bulb to loosen the mucus.
- For fever, you can give EITHER acetaminophen (Tylenol, FeverAll, others) or ibuprofen (Motrin, Advil) to **help your child feel better**. Read the label to find out how much to give.
- For children over 2 years old, **use a honey elixir or tea with honey and lemon** to treat a cough.

Do not give honey to an infant under 1 year old.

Do not give any cough or cold products to children under 6 years old.



COUGH SYRUP



NASAL BULB



FEVER REDUCER



THERMOMETER



CALL

When to call your doctor or nurse

No medicines can cure a cold or the flu, including antibiotics. Most children get over the flu or a cold in a week or two without any treatment. But sometimes serious problems can occur. **Call your doctor right away if your child:**

- **Is wheezing**, short of breath, has trouble breathing, has tightness in the chest, or is breathing very fast.
- **Is lethargic**, confused, or extremely tired.
- **Has symptoms that get better but then worse again.**
- **Has a severe sore throat** with difficulty swallowing.
- **Has signs of dehydration**, such as not passing urine or not having tears when crying.
- **Cannot stop vomiting** or cannot drink fluids.

- **Has blue or purplish skin color.**
- **Coughs up blood** or has a cough that lasts more than 3 weeks.
- **Has blurring or change in vision.**
- **Has ear pain**, sudden hearing loss, or discharge from the ear.
- **Is so fussy that he or she does not want to be held.**
- **Does not wake up easily.**

WE ARE OPEN

Pediatrics:

Monday through Friday: 7 a.m. to 11 p.m.

Saturday and Sunday: 9 a.m. to 7 p.m.

Obstetrics (OB):

Monday through Friday: 7 a.m. to 7 p.m.

Saturday: 9 a.m. to 3 p.m.

Sunday: (closed)

Pharmacy:

Monday through Friday: 7 a.m. to 11 p.m.

Saturday and Sunday: 9 a.m. to 7 p.m.

Questions?

We have answers around the clock. You can call our Nurse Help Line at 1-800-686-3831 to speak to a registered nurse anytime. Don't wait until your child's cold or flu gets worse. Call when symptoms first appear.

www.JoinTheCenter.org