

# Treating your child's cough and cold



Coughs and colds in children, toddlers and babies can be distressing for both you and your child but they will get better by themselves within a few days.

Here are three simple steps to help your baby, toddler or child who has a cough or cold:

1. Use either paracetamol or ibuprofen to relieve pain and lower your child's temperature if they are uncomfortably hot.
2. For a cough, simple cough mixtures containing glycerol, honey and lemon are best. For children over the age of two a range of over-the-counter cough medicines are available.
3. Vapour rubs and inhalant decongestants, which can be applied to a child's clothing, can be used to provide relief from a stuffy or blocked nose. In addition, for children under two, particularly those who are having difficulty feeding, plain saline nose drops from the pharmacy can be used to help thin and clear secretions.

## Remember:

- Always read the medicine label and follow the advice.
- Always stick to the recommended dose.
- Do not use more than one cough or cold medicine at the same time.

If you are concerned about your child, particularly if they are under 2 years old, or about the correct medicine to use, then speak to your pharmacist, health visitor or nurse.