

New Advice on treating cough and cold in children

It's normal for children to get 8 or more colds a year. Gradually they build up immunity and get fewer colds. Most colds will get better within a few days and you may not need to do more than keep your child comfortable until they get over it. Because colds are caused by viruses, not bacteria, antibiotics don't help. If the symptoms are troublesome, here are 3 simple steps to help your child who has a cough or cold.



- 1. If they are uncomfortably hot or shivery:** Increase the amount of fluid your child normally drinks. Lower their temperature with a paracetamol or ibuprofen medicine which has doses for children. (Paracetamol is not for children under 2 months. Ibuprofen is not for children under 3 months.)
- 2. For coughs:** Although it is distressing to hear your child cough, in fact coughing serves a purpose. It helps to clear phlegm on the chest or mucus from the nose. Give the child plenty of warm clear fluids to drink. For children over one year, try a simple cough mixture with honey and lemon or glycerol. Over the counter cough medicines are available in pharmacies for children over the age of 6 years and your pharmacist can advise you.
- 3. To help with breathing:** Plain saline nose drops, available from your pharmacy, can help babies with blocked noses who are having trouble feeding. Vapour rubs and inhalant decongestants can also help to make breathing easier.

Remember:

- Your pharmacist can help you choose the right treatment and advise you when you should see a doctor
- Always keep to the recommended dose
- Do not use more than one cough or cold medicine at the same time