

How to Stay Smiling During Cold & Flu

By: Dr. Tanya Altmann



Every day it seems like your baby finds new ways to make you smile and brighten your day. But when their temperature spikes and their smile fades, it can be downright scary. According to a survey conducted on behalf of the makers of **TYLENOL®**, many moms (70%) with young children worry more about their child's health during cold and flu season than any other time of year.¹ So, here are a few of my favorite tips to keep you and your little one healthy and smiling through the next few months:

- **Keep Germs Away:** Washing your child's hands is a tried and true way to help keep the germs at bay. It's best to wash your little one's hands, as well as your own, when entering the house, before eating, and after using the bathroom. Make it fun, by singing a song, using a yummy-smelling soap, or drying your hands with a fluffy favorite towel. If you're on-the-go, hand sanitizer or wipes are an easy, quick fix when soap and water aren't available.
- **Vaccinate:** More than two in five (43%) moms believe that a child can get the flu from a flu shot, according to a survey from the makers of **TYLENOL®**.¹ But that is a myth. Vaccination is the best way to protect your family from the flu. You should vaccinate everyone in the house who is six months and older. If your baby is younger than six months, you can protect your child by vaccinating everyone else around them, including parents, grandparents, siblings and other caregivers. Talk with your child's pediatrician about vaccinations.
- **Address Stuffy Noses:** A baby's stuffy nose can be relieved with a drop or two of nasal saline in each nostril. If the stuffiness is keeping your little one from sleeping or eating, try gentle suctioning too. This will help remove mucus from your child's nose. You can also run a cool-mist humidifier or vaporizer at night to alleviate the congestion.
- **Alleviate Fevers:** Babies have fevers quite often. But remember, most of them can be relieved at home. The #1 pediatrician recommended brand – Infants' **TYLENOL®** – is an effective fever-reducer for all new moms to have on hand. Of course, TLC and cuddles are important too! If that doesn't help your baby feel better and smile again or if your baby is under 3 months of age and has a temperature of 100.4 or higher, always, call your pediatrician.
- **Take Care of Yourself Too:** Worrying about your little one is natural – but don't forget to take care of yourself and the rest of your family too! If you start to come down with a cold or fever, make sure you rest, drink plenty of fluids and wash your hands to avoid sharing your germs with the rest of your family. Consider adult **TYLENOL®** cold products to help alleviate your own symptoms and get you back to feeling better so you are able to take care of your family again!
- **Trust Yourself - You Know Best:** No one knows your baby better than you. If you have an urgent question or notice that your child looks ill, don't hesitate to call your pediatrician – even in the middle of the night. According to the survey from the makers of **TYLENOL®**, more than half (57%) of moms call their child's pediatrician for advice or support when their child has a cold or the flu.¹ It's ok; that's what we're here for!

¹ Online survey conducted by Harris Interactive on behalf of the makers of **TYLENOL®** between May 22 and June 3, 2013 among 300 U.S. moms, age 18+, with children who are 0-3 years old, can smile at things they find amusing, and have recovered from an illness such as a cold or the flu.

