

# Smiling through Cold & Flu Season

During cold and flu season, children are more likely to catch a cold as they spend more time indoors and are exposed to new germs or viruses from visiting friends and family. Mild symptoms can have your child feeling stuffed up, not eating or sleeping well.

## BE PREPARED

Often times when the baby gets sick, mom is next. For your own sniffles and sneezes, be sure to have a multi-symptom reliever like **TYLENOL® Cold** on hand, so getting sick won't slow you down.

## KEEP THEM COMFORTABLE

Plenty of fluids are essential to keep kids hydrated, especially if they have a fever. Don't panic if your child develops one – it can often be relieved at home with a fever reducer, like Children's or Infants' **TYLENOL®**. Always make sure to use the dosing device that came with the product.



## BOOST THE FAMILY'S IMMUNE SYSTEM



A well-balanced diet is one of the best ways to keep your family as healthy as possible. Foods like fresh fruits and vegetables, milk, and lots of water should be part of your child's daily menu in order to keep their immune system strong and healthy.

## ADOPT A GOOD SLEEP ROUTINE

Make sure your child gets plenty of rest (so you can too!). For school age children, I recommend at least 10 hours of sleep per day and for toddlers, it's important to keep those busy hands and feet at rest for at least 12 hours.

If your child has a stuffy nose, try using a drop or two of nasal saline in each nostril. If the stuffiness keeps your little one from sleeping or eating, try gentle suctioning, which will help remove mucus from their nose. You can also run a cool-mist humidifier or vaporizer in your child's bedroom at night to help alleviate congestion.

## EASE CONGESTION

## KNOW WHEN TO CONSULT YOUR PEDIATRICIAN.

If your baby is under three months and has a temperature of 100.4 or higher, always call your pediatrician before treating.