

From the first signs of sniffles to their first fever, TYLENOL® understands the importance of helping moms and their children get through Cold and Flu season with a smile. Here are some facts and practical tips from Dr. Tanya Altmann to help keep the family happy and healthy when the weather takes a turn.

DID YOU ON AVERAGE CHILDREN HAVE **KNOW?** BETWEEN 6-10 COLDS EVERY YEAR

EASE CONGESTION



A drop or two of nasal saline in each nostril



Gentle suctioning to remove mucus from their nose



Run a cool mist humidifier or vaporizer in their bedroom at night

GETTING PLENTY OF REST IS KEY



10 HOURS A DAY FOR SCHOOL AGE CHILDREN

> 12 HOURS A DAY FOR TODDLERS

KEEP THEM HYDRATED



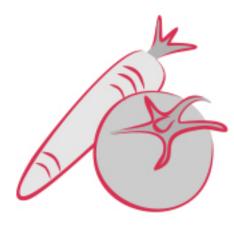
ESPECIALLY IF CHILDREN HAVE A FEVER.



BOOST THEIR IMMUNE SYSTEM

Foods like fresh fruits, vegetables, milk and lots of water will help keep their immune system strong and healthy









KNOW WHEN TO CONSULT YOUR PEDIATRICIAN

IF YOUR BABY IS UNDER 3 MONTHS



AND HAS A **TEMPERATURE OF** 100.4 OR HIGHER,

ALWAYS, CALL YOUR PEDIATRICIAN.

For more tips from Dr. Tanya Altmann, who is partnering with TYLENOL®, please visit SmilingItForward.com. You can also share your child's favorite moments and milestone photos to help TYLENOL® support Children's Health Fund and their mission of providing healthcare to children in need.

