

CELEBRATING MOMENTS & MILESTONES

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 KNOW? ON AVERAGE CHILDREN HAVE 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



PLENTY
OF FLUIDS
ARE ESSENTIAL

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.