

WHAT DOES YOUR CHILD NEED TO FEEL BETTER WHEN THEY HAVE A COLD?

❧ **Drink** – Give your child a lot of extra fluids. If breastfeeding, feed more frequently. If not breastfeeding, use warm boiled water which may relieve pain and be comforting.

❧ **Food** – Give your child nutritious and frequent meals. Try smaller meals if the child does not have an appetite. Provide oranges, lemons, and other fruits rich in vitamin C. If you are breastfeeding, provide breast milk for as long as the baby will suck, and only breast milk to baby under six months.



❧ **Sleep** – Encourage your child to sleep and nap as much as the child wants.

❧ **Comfort** – Clean your child's nose with warm or salt water or provide warm steam to help with stuffed nose, but avoid steam or water that is too hot and may burn the child. Dress or wrap your child warmly, loosely, and comfortably. Keep your house free of smoke. Do not give aspirin. Paracetamol may be provided according to weight and age of your child and package instructions for pain or fever.



HELP YOUR CHILD GET WELL FROM A COLD, COUGH, STUFFY NOSE, OR FEVER!

A guide for sick children two months or older

- ❧ Colds and coughs are common in children. Most children experience five to seven colds in a year.
- ❧ Most colds go away with simple home management and care and without antibiotics.
- ❧ Sometimes respiratory infections can become serious conditions that require medical attention and antibiotics.

WHEN AND HOW TO MANAGE A COMMON COLD AT HOME...

If your child has one or more of these symptoms, your child probably has a common cold.

- ❧ Blocked, clogged or runny nose (the liquid in the nose may be clear, yellow, or green).
- ❧ Sore or painful throat or swollen neck glands.
- ❧ Cough, especially in the morning and in the evening or sneezing or wheezing.
- ❧ Fever, headache, watery eyes, aches and pain in bones or muscles.
- ❧ Feeling tired, sleepy, irritated and not interested in eating or playing.



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WHEN TO SEEK YOUR DOCTOR'S ADVICE

Contact a doctor for advice and treatment if your child has:

- ❖ Difficulty drinking or breastfeeding.
- ❖ Fast, heavy or difficult breathing.
- ❖ Illness that continues to get worse each day.
- ❖ Fever that goes away and returns after a few days or lasts for more than three days.
- ❖ Blocked or clogged nose, cough, sore throat, tooth or ear pain that does not seem to be getting better for more than seven days

Take your child to a doctor **IMMEDIATELY** if:

- ❖ Your child has very fast and heavy breathing or convulsions.
- ❖ Your child's chest or stomach draws in when breathing.
- ❖ Your child is not able to drink or breastfeed.
- ❖ Your child seems to be getting sicker day-by-day.



Source: WHO/UNICEF, Behavior Change Perspectives and Communication Guidelines on Six Child Survival Interventions, Chapter 6 Acute Respiratory Infections, 2004.
http://www.globalhealthcommunication.org/tool_docs/76/behavior_change_perspectives...-chap_6-_acute_respiratory_infections.pdf
http://www.who.int/child-adolescent-health/New_Publications/IMCI/WHO_FCH_CAH_00.40/WHO_FCH_CAH_00.40.pdf, page 9-11.

ANTIBIOTICS MAY BE REQUIRED TO TREAT YOUR CHILD FOR CERTAIN RESPIRATORY INFECTIONS

- ❖ Give antibiotics only if the doctor tells you it is required.
- ❖ Do not give antibiotics without a doctor's assessment or only on the advice of family and friends.
- ❖ Give only the specific antibiotic prescribed by your doctor.
- ❖ Do not give additional medicines or leftover medicines from a previous illness!
- ❖ Follow instructions on the package or instructions provided by your doctor on:
 - ~ **How much** antibiotic to give your child each time, or correct dose.
 - ~ **How often** to give the antibiotic, or the correct frequency.
 - ~ **How many days** to take the antibiotic, or the correct duration of full treatment.
- ❖ Tablets or pills are safer and as effective as injections.

Tips to reduce the number of or severity of respiratory infections in your child:

- ❖ Give only your breast milk for the first six months after birth and breastfeed for as long as possible, ideally until age two. Provide foods in addition to breast milk after six months of age.
- ❖ Provide nutritious meals that include fruits and vegetables rich in vitamin C.
- ❖ Immunize your child on time.

