

CONGESTION/ RUNNY NOSE/ COUGH

BULB SYRINGE SUCTION - Use as frequently as necessary and especially prior to feedings or before putting down to sleep. If suctioning becomes difficult due to mucous being too thick, use normal saline drops.



NORMAL SALINE DROPS - 2 drops in each nostril. Lay child down and place drops in nostrils. Allow 1 minute and place child upward so drops drain down into the sinus cavities. Wait 1 more minute and place child on back again. Use a bulb syringe and suction out excess drainage. Have a tissue handy, this may get messy!



COOL MIST HUMIDIFIER - keep this running during the night. This places moisture in the air to relieve discomfort for children suffering from nasal congestion or upper respiratory problems.



OTHER SUGGESTIONS....

ELEVATE the head of bed. Take a small blanket, roll it, and place it **UNDERNEATH** the **HEAD** of the mattress. Elevation helps mucus to drain into the stomach, and eventually be excreted.

INCREASE fluids (Pedialyte, Diluted PowerAde/ Gatorade and other fluids.)

*****These tips should help to relieve, and eventually resolve cold-like symptoms. If fever develops greater than 100.4 for a consecutive 24 hours or longer, or if a cough persists and doesn't improve, please contact our clinic; further assessment may be necessary.**