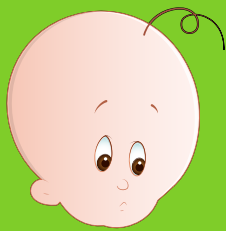
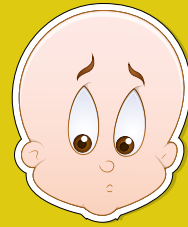


Infant Cold Remedies Cheat Sheet



RUNNY NOSE

Saline Nose Rinse, Humidifier



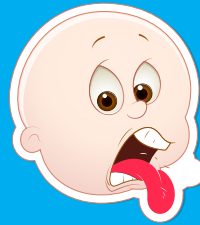
STUFFY NOSE

Saline Nose Rinse,
Warm bath, Chest Rub,
Humidifier, Raise the Head of
the Crib, Lots of Fluids



SORE AND SCRATCHY THROAT

Humidifier, Milk Popsicles,
Lots of Fluids



DRY COUGH

Raise the Head of
the Crib, Humidifier, Chest
Rub, Lots of Fluids, Monitor
any changes in Cough

LOW FEVER (99.1-100.1)

Monitor Temp, Lots of Fluids, Tylenol
for Comfort if needed.

MID-GRADE FEVER (100.2-101.5)

Tylenol to lower fever, Lots of Fluids,
Monitor fever closely, Call Doctor

HIGH FEVER (101.6 AND UP)

Tylenol to lower fever, Lots of fluids,
Call doctor, Monitor fever closely.
If fever is 102 or higher go to doctor or
urgent care.



PHLEGMY COUGH

Raise the Head of the Crib,
Humidifier, Chest Rub, Lots of
Fluids, Monitor for barky
sounding cough.

Each doctor has different temp classifications, please follow your doctors preference

Motrin/Ibuprofen can be given to infants 6 months and over. Check with the doctor first