

## Guidelines: Cough and Cold Medications For Children Under The Age of 4

### Cough and Cold Medicine

The American Academy of Pediatrics does not recommend giving over-the-counter (OTC) cough and cold medications to children under the age of 4 . These medications can cause side effects that include difficulty breathing, dizziness, increased heart rate and high blood pressure.



### Acetaminophen

Acetaminophen is often used to reduce fever and pain associated with the common cold and flu. It can be very toxic to children when they are given too much, are given the medicine too often or are given the medicine with another product that contains acetaminophen. Read the drug facts box on the container to see how much medicine to give, when to give it and what the active ingredient is.

### What medicine should I use?

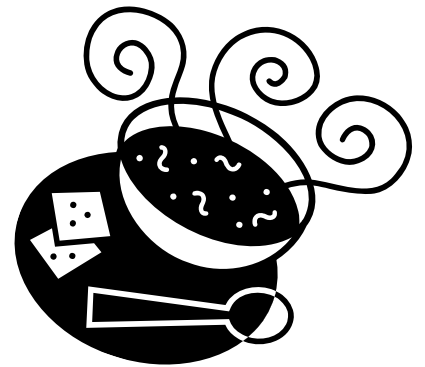
Do not give children medicine that is meant for adults. If you are unsure about the right kind of medicine for your child, check with your physician or pharmacist. If you do not understand the medicine's instructions or how to use the measuring tool, do not use the medicine. Talk to your physician or pharmacist.





## Soothing Alternatives for Cough and Cold

- Saline nose spray can help ease stuffy noses.
- Plenty of fluids: Any warm liquid — apple juice or even water — can help relieve congestion and sooth throats. (Citrus drinks can irritate throats.)
- Getting plenty of rest is important for recovery. Naps and lounging included.
- Flavored ice pops can provide a source of liquid that soothes throats and hydrates the body.
- Hot or cold packs: Apply around congested sinuses. Both can make you feel more comfortable, but avoid a hot pack if the child is running a fever - it will raise the temperature.
- Chicken soup: It's warm. It's easy on the tummy and the steam ventilating into the nasal passages can serve as a natural decongestant. (Just make sure to limit salt since that can cause dehydration.)
- Petroleum Jelly: Place a small dab on the upper lip to lessen chafing from a runny nose.
- Peach syrup: Drain the heavy syrup from canned peaches and drink it to help soothe sore throats.
- Honey is often recommended to help sooth sore throats but should never be given to children less than 1 year of age because of the risk of infant botulism, a rare type of food poisoning only affecting little ones.



## When To Consult A Physician:

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- A fever accompanied by vomiting or rash.
- Difficulty breathing: Child is breathing fast (more than 40 times a minute) or working hard to breathe.
- If your child has a fever of more than 102°. A baby under six months of age with a low grade fever of 100.2° should be seen by doctor.
- If your child is sick for more than a week, even if they don't have a fever. He could have a sinus infection or ear infection that needs treatment.
- Signs that something is wrong: a child who seems very lethargic; or a child who, after being given medicine, does not engage in any periods of play. You know your child better than anyone else, trust your instincts.



Pharmacists and registered nurses at the poison center are available  
24 hours a day, seven days a week.

The Oklahoma Poison Control Center is a program of  
the University of Oklahoma College of Pharmacy at the OU Health Sciences Center.