

Relief for Common Symptoms of Colds and Cough



**BE
ANTIBIOTICS
AWARE**

SMART USE, BEST CARE

GENERAL INSTRUCTIONS

- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats, suck on ice chips, popsicles, or lozenges. (Do not give lozenges to children younger than two years old.)
- Use honey to relieve cough for adults and children at least 12 months old or older.
- Other:

SPECIFIC MEDICINES

- Fever or aches:

- Ear pain:

- Sore throat:

- Nasal congestion:

- Cough/chest congestion:

Use medicines according to the package instructions or as directed by your doctor or pharmacist. Stop the medication when the symptoms get better.

FOR CHILDREN YOUNGER THAN 4 YEARS OLD

Do not use over-the-counter cough and cold medicine in children younger than 4 years old unless directed by your doctor. Overuse and misuse of these medicines can result in serious and potentially life-threatening side effects.

To relieve a stuffy nose, parents can use:

- A rubber suction bulb

- Nose saline drops

- A clean humidifier

- A cool mist vaporizer

Call your doctor if the illness has not improved in a few days or if symptoms are severe or unusual.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use or call 1-800-CDC-INFO.

