



Ways to Help Your Sick Child at Home



Keep Them Hydrated

- Give plenty of fluids.
- Offer small meals often throughout the day.

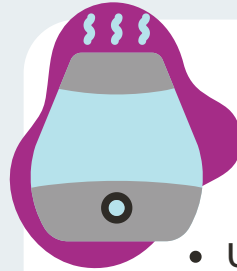
Hydration and Babies

- Babies may not feel like drinking, so offer fluids in small amounts often.
- Clearing your baby's nose before offering fluids can make it easier for them to drink.



Reminders

- Allow time for recovery, especially before your child returns to school or daycare. This is one of the ways we can stop spread to others.
- Wash hands often to decrease the spread of illness in your home.



Do What You Can to Make Them Comfortable

To allow for easier breathing:

- Use a cool-mist humidifier or steam from running a shower to help break up mucus. *If you use a cool-mist humidifier, clean it daily to prevent mold and bacteria growth.*

- Have them sit up-right.
- Help your child learn to blow their nose or use a suction to remove nasal discharge (snot) from the noses of little ones.

Other ways to help your child:

- Use acetaminophen or ibuprofen (if older than 6 months) to help with low-grade fevers. Avoid aspirin, cough and cold medications.
- Give a gentle back massage.
- Honey may help coughs, *but shouldn't be given to children under 1 year old.*



Illinois Chapter

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