

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 in older children and adults, use ice chips or lozenges.
- Use honey to relieve cough. Do not give honey to an infant younger than 1.

SPECIFIC MEDICINES

- Fever or aches:

- Ear pain:

- Sore throat:

- 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 FOUR YEARS OLD

Do not use over-the-counter cough and cold medicine in children younger than four 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.

