

Treatment for the common cold:

There is no cure for the common cold and antibiotics will not help in treatment of the cold. Also, Cold medications are not significantly helpful in relieving symptoms.

What may be helpful includes the following:

- **Increased fluid intake**

Clear fluids will help keep the lining of the nose and throat moist and help to prevent dehydration.

- **Avoid secondhand smoke**

Keep your child away from (secondhand) smoke, smoke increases the irritation in the nose and throat.

- Saline nose drops may be used throughout the day.
- In younger children use a bulb syringe to help remove the mucus. Carry the bulb syringe with you in the diaper-bag.
- Place a cool mist humidifier in the room.
- Analgesics, such as acetaminophen, are sometimes helpful in decreasing the discomfort of colds. Consult your child's physician before giving any medication to your child.

Aspirin and the risk of Reye syndrome in children:

Do not give aspirin to a child. Aspirin has been associated with Reye syndrome, a potentially serious or deadly disorder in children.

Pediatricians and other healthcare providers recommend that aspirin (or any medication that contains aspirin) not be used to treat any viral illnesses in children.

Can I prevent my child from getting colds?

- Keep your child away from a person with a cold.
- Encourage your child to wash hands frequently and not to touch his/her mouth, eyes, or nose until their hands are washed.
- Make sure toys and play areas are properly cleaned, especially if multiple children are playing together.

Dr Thomas Natural Herbal care recommendations:

GAI A Warming Vaporous Rub

GAI A Echinacea/Goldenseal for Children

Natranix Children's Cough Formula, available at our office.