

# Colds and Flu



Your child has a fever, aches, a sore throat and is very tired. Most likely, your child has the flu or a bad cold. We all know there isn't a cure for either one. So, we need to do things to make our children feel better and fight off the virus that is making them sick.

Your child does not need an antibiotic. Antibiotics don't cure colds and the flu. We shouldn't take medicines we don't need.

## So, what can you do to make your child feel better?


- ➔ Make sure your child gets plenty of rest.
- ➔ Give extra water, juices and soups.
- ➔ Popsicles, juice bars and herbal teas help sore throats feel better. If you have an older child [12 or older], throat lozenges can also make their sore throat feel better.
- ➔ Keep your child away from cigarette smoke.

Give your child medicine from the store [over-the-counter medicines]. Your doctor can tell you which medicine to buy for aches and pains and other discomforts. Do not give your child aspirin!

Read how to give the medicine and do what it says. Talk to your doctor if you have questions about how to help your child feel better.

***Give your child the right drug for the right bug! And remember to give lots of tender loving care.***

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