

Treatment Of Colds

10/8/2008

INFANTS (Birth through 3 years of age) :

- Saline (salt water) nose drops (1 – 5 drops) in each nostril as needed to loosen mucous. This is available as Ayr and Ocean Mist brands, or, you can make it yourself by adding ¼ tsp salt to 8 oz of water.
- Use a nasal aspirator. To do this first squeeze the rubber bulb. Then, insert the tip into a nostril and release the bulb. Repeat as needed.
- Use a cool mist vaporizer with plain water. For safety reasons, avoid steam vaporizers.
- For mucous in the back of the throat causing a gagging cough, place the infant inclined upright 30 – 45 degrees in an infant seat. The infant can stay in the seat all day and night if necessary.
- No decongestants, antihistamines, or cough suppressants. In this age group, the medicine side effects are more of a problem than the minimal/questionable benefits of these types of medicines.
- Tylenol for fever, pain, crankiness, malaise or feeling unwell. (Call if fever is present in an infant less than 2 months old)

CHILDREN 4 YEARS AND OLDER:

Treatment is the same as that described above for the infants except you may consider adding “cold medicines”.

- Nasal congestion without cough → Children’s Sudafed Nasal Decongestant Liquid.
- Nasal congestion plus cough → Children’s Sudafed Cold and Cough Liquid.
- Cough without nasal congestion → Either Robitussin DM or Delsym.

Other over the counter decongestants or antihistamines may be used (eg. Dimetapp, Pediacare, Triaminic). Follow the dosages on the label. If there are no clear dosage instructions on the label do not use it. In general, antihistamines should be avoided in people who are prone to seizures. Avoid using 2 of the same kind/class of medicine at the same time.

Childrens Sudafed Nasal Decongestant Liquid or Childrens Sudafed Cold and Cough (4 doses per day)

Weight (lbs) *Dose (Tsp)*

21 -30	1
31-40	1 1/2
41-60	2
61-90	3
91 or more	4

Robitussin DM (4 doses per day)

Weight (lbs)

Dose (Tsp)

Delsym (2 doses per day)

Dose (Tsp)

21 -30	1/2	1/2
31-40	3/4	3/4
41-60	1	1
61-90	1 1/2	1 1/2
91 or more	2	2