



RESPIRATORY ILLNESSES: KEY TAKEAWAYS



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Here are the key takeaways for respiratory illnesses:

1. THE COMMON COLD:

- Keep your child hydrated by encouraging them to drink plenty of fluids.
- For infants below six months old, you can breastfeed your baby.
- Honey can be used to soothe a sore throat or cough in children over 1 year old.
- Avoid using over-the-counter cough and cold medications for children.
- Contact your pediatrician for medications.
- Seek emergency care if you observe any signs of breathing difficulty.

2. CROUP

- Croup is common & is characterized by a distinct, bark-like cough.
- Contact your pediatrician immediately if you notice a blue tinge to your child's skin, their skin sinking below their neck while breathing, a high-pitched sound in their breathing even at rest, or excessive drooling.

For more info, reach out to www.thefirstparents.com

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3. BRONCHIOLITIS

- Bronchiolitis typically occurs during the fall, winter, and spring and is most common in children under 2 years old.
- Symptoms worsen over the first 3 days and may include difficulty breathing.
- Keep your child hydrated and provide comfort measures for congestion, cough, and fever.
- Go to the hospital if your child is grunting to breathe, appears tired from breathing, or has blue-tinged skin.

4. SALINE DROPS & SUCTIONING

- Always wash your hands with soap and water before giving saline drops or suctioning out mucus.
- Clean your bulb syringe or nasal aspirator after each session.
- Suctioning your baby's nose more than 2-3 times per day can irritate the nasal passage.

Note: Remember to consult with your pediatrician for specific guidance and to address any concerns regarding respiratory illnesses in your child.