

# 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, suck on ice chips, popsicles, or lozenges. (Do not give lozenges to children younger than two years old.)
- Use honey to relieve cough for adults and children at least 12 months old or older.
- Other:

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## SPECIFIC MEDICINES

- Fever or aches:  
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- Ear pain:  
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- Sore throat:  
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- Nasal congestion:  
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- Cough/chest congestion:  
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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 4 YEARS OLD

Do not use over-the-counter cough and cold medicine in children younger than 4 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  
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- Nose saline drops  
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- A clean humidifier  
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- A cool mist vaporizer  
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**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](http://www.cdc.gov/antibiotic-use) or call 1-800-CDC-INFO.

