

CALL 102 IF YOUR CHILD:

- Is unconscious or not breathing
- Is gasping for breath
- Has trouble breathing or is breathing very fast when not coughing
- Has severe coughing attacks or continuous coughing
- Can't cry or talk because of breathing trouble
- Grunts when breathing
- Has blue lips
- May have a small object caught in her throat
- Is breathing very fast (this is also a symptom of fever)
- Looks very sick

Coughs in young children can be due to a number of illnesses. Most often, a cough gets better on its own and doesn't need to be a cause for concern.

Call Doctor If Your Child:

- Is younger than 1 year old and still has trouble breathing after you cleaned out her nose
- May have a lung infection or a reactive airways disease episode
- Is wheezing or making a high-pitched whistle sound when breathing out or in
- Can't take a deep breath because of chest pain or coughed-up blood

- Has a fever that lasts longer than 72 hours

1. Prevent Dehydration

- Give babies plenty of breast milk or formula.
- Give older children water or juice mixed with water.

2. Relieve Congestion

- Thin mucus in a stuffy nose with saline nose drops.
- Remove mucus from a baby's nose with a suction bulb.
- Use a humidifier in your child's room or take your child into the bathroom with a steamy shower running.

3. Ease Breathing

- Use a cool-mist humidifier to add moisture to the air.
- Sit in the bathroom with a hot shower running and have your child breathe in the steam.

4. Make the Child Comfortable

- Let the child rest.
- Avoid irritants, such as cigarette smoke.
- Don't give cough medicine to a child under age 4 unless your pediatrician suggests it.