

Children flu

Here are some home remedies that may help alleviate flu symptoms in children:

1. Keep kids home and well-rested to help the immune system fight the flu.
2. Gargle with warm salt water to relieve sore throat
3. **Hydration and Rest:** Encourage your child to rest and keep them hydrated with lots of fluids, give breast milk if applicable.
4. **Cool-Mist Humidifier:** Use a cool-mist humidifier to soothe a sore throat. Place it close to your child's bed.
5. **Honey:** For children older than 1 year, give them a teaspoon of honey at night – before they brush their teeth – to help with a nighttime cough.
6. Warm water, lemon, with honey
7. **Bulb Suction:** For children who are too young to blow their nose, use a bulb suction to remove mucus.
8. **Warm Steam:** Have your child breathe in moist, warm steam from a shower or bath for 10 to 15 minutes.
9. **Warm Fluids:** For children older than 6 months, give them lots of warm fluids. Warm liquids such as caffeine-free tea, broth or hot water with lemon can help loosen up mucus and soothe a sore throat.
10. **Take to Doctor:** If the symptoms are longer than 9 to 10 days, take the child to a pediatrician.