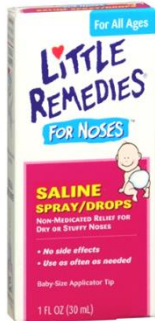


FOR INFANTS LESS THAN SIX MONTHS OF AGE WITH NASAL OR COLD SYMPTOMS, ORAL MEDICATIONS ARE GENERALLY NOT RECOMMENDED AS THEY TEND TO CAUSE UNWANTED SIDE EFFECTS AND ARE TYPICALLY NOT HELPFUL DUE TO THE IMMATURE RESPONSE MECHANISM IN THIS AGE GROUP.

HOWEVER, OTHER MEASURES CAN BE HELPFUL:

1. **NASAL SALINE DROPS** (LITTLE NOSES OR OTHER BRANDS AVAILABLE) WITH **BULB SUCTION** (VARIOUS SHAPES AND SIZES OF BULBS AVAILABLE). THESE DROPS ARE SQUIRTED OR SPRAYED IN THE NOSE TO HELP LOOSEN SECRETIONS AND MUCUS WHICH THEN CAN BE REMOVED WITH THE BULB SUCTION. THIS METHOD CAN BE USED AS OFTEN AS NEEDED IF HELPFUL IN REMOVING SECRETIONS AND MUCUS.

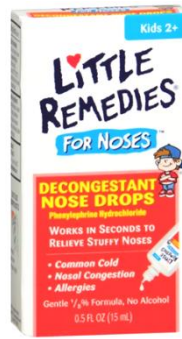


2. COOL MIST HUMIDIFIER (IF AIR EXCESSIVELY DRY FROM WINTER HEATING- CAN MOISTURIZE NASAL MUCOSA)



1. OBTAIN TEMPERATURE & HUMIDITY GAUGE.
2. **HUMIDITY GOAL** IN ROOM WHERE CHILD SLEEPING SHOULD BE **30-50%**.

3. FOR SEVERE CASES OF CONGESTION, LITTLE NOSES DECONGESTANT DROPS CAN BE USED ON A TEMPORARY BASIS FOR MAXIMUM 2-3 DAYS. THESE ARE PLACED IN THE NOSE AND LEFT IN TO HELP OPEN NASAL PASSAGES. SIMILAR IN EFFECT TO "AFRIN-TYPE" NASAL SPRAYS



NOSEFRIDA SWEDISH NASAL ASPIRATOR

