

Over the Counter Cold Remedies for Kids 0-12 Years Old
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For a Stuffy/Runny Nose

Treatments that Most Likely Will Help:

1. Two-three times a day, squirt **saline water** up both nostrils and then suction the nose out with a bulb suction.
2. **Cool-mist humidifier**

Treatments that May or May not Help:

1. **Decongestant syrups like Mucinex, Dimetapp, Nyquil** (should not be used in kids <6)
2. **Zinc** containing products like **Zicam** (should not be used in kids <6)
3. **Vick's Vapor Rub** (should not be used in kids <2).

Treatments that Won't Help (if they do, it is from the placebo effect, i.e. they only help because you think they will):

1. **Echinacea**
2. **Vitamin C**
3. **Vitamin and Mineral Combinations like Airborne**
4. **Warm Humidified Air**

For a Sore Throat

Treatments that Will Help:

1. **Ibuprofen or Children's Advil**

Treatments that May or May not Help:

1. **Gargling with Salt Water** (Generally kids >6 years old can gargle)
2. **Hard candies** (Only for kids >5-6 years old, who are not at risk for choking on the candy)
3. **Throat Lozenges or cough drops with menthol, like Halls**
4. **Numbing throat sprays, like Chloraseptic and Cepacol**
5. **Warm Soothing Liquids containing Honey and Lemon Juice. Honey should never be given to kids <1 year old due to risk of botulism.** This is a recipe that is commonly handed out in our clinic:

In a small saucepan, over medium heat, combine:

- 1 cup lemon juice
- ½ cup extra-virgin olive oil
- 1 ½ cup honey

Wisk together until steaming, but not boiling

Transfer to a clean mason jar or similar.

Drink 1 tablespoon every hour as needed for sore throat. May re-heat if desired

For a Cough

Treatments that Will Help:

1. **Honey.** Give a tablespoon as often as needed and before bedtime. **Again, honey should never be given to kids <1 year old due to risk of botulism.**

Treatments that Won't Help (if they do, it is from the placebo effect, i.e. they only help because you think they will):

1. **Cough Syrups like Robitussin or Dimetapp.** These may be effective in kids >8 years old.

For a Fever

Treatments that Will Help:

1. **Tylenol.** Can be given as needed every 6 hours. You can alternate this with Ibuprofen.
2. **Ibuprofen or Children's Advil or Motrin.** Can be given after 6 months of age. You can give it every 6 hours.

Other Treatments:

1. **Aspirin** should never be given to children or teenagers when they have a fever, as there is a risk of liver and brain swelling.
2. **Herbal Remedies** for fever do not have any supporting research, and safety cannot be assured.