

Is it a cold, the flu, or allergies?

Use this table to check your child's symptoms. If you can identify the problem, it can be easier to help your child get relief.

	COLD	FLU	ALLERGIES
Fever	MAYBE	YES	NO
Sore throat	YES	MAYBE	MAYBE
Cough	YES	YES	NO
Itchy throat or nose	NO	NO	YES
Sneezing	YES	MAYBE	YES
Stuffy or runny nose	YES	MAYBE	YES
Itchy, watery eyes	NO	NO	YES
Chest congestion	YES	YES	NO
Muscle aches	MAYBE	YES	NO
When symptoms start	Gradually	Suddenly	On contact with allergy trigger (pollen, animal dander)
How long	Up to 2 weeks	3 to 7 days (typically)	Weeks or months
Contagious	YES	YES	NO

What can you do to provide symptom relief?

Ask your child's healthcare professional about over-the-counter medicines, like Children's **TYLENOL**®, Children's **MOTRIN**®, or Children's **ZYRTEC**®.

See next page for tips on relieving symptoms ►

How to ease your child's symptoms

RELIEVE COLD OR FLU SYMPTOMS

Clear a stuffy nose

- Put a cool-mist humidifier near your child's bed
- Use saline (salt water) nose drops or spray
- For a baby: Suck out mucus with a rubber bulb after using nose drops or spray

Keep giving liquids

- Have your child drink a lot of water and other liquids
- If your child won't drink, try popsicles
- For a baby: Offer extra formula or breast milk throughout the day

Try pain and fever medicine

- Infants' & Children's **TYLENOL**®* and Infants' & Children's **MOTRIN**® relieve the pain and fever of colds or the flu



Use products only as directed.

Learn more at Tylenol.com
and Motrin.com

Be prepared with the 2 brands pediatricians
recommend most for pain and fever relief

RELIEVE ALLERGY SYMPTOMS

Reduce the pollen your child breathes in

If your child has outdoor allergies:

- Rinse face and eyes after time outside to remove pollen
- Keep windows closed during allergy season

Reduce dust and dust mites

If your child has indoor allergies:

- Use a vacuum with a high-efficiency (HEPA) filter weekly
- Wash bedding weekly in hot water

Try allergy medicine

- Children's **ZYRTEC**® relieves sneezing; runny nose; itchy, watery eyes; and itching of the nose or throat for children ages 2 and older
 - For children under age 2, ask a doctor



Use products only as directed.

Get more tips at Zyrtec.com

Children's **ZYRTEC**® is the #1 Pediatrician-
recommended brand† for children's allergies

Talk to your doctor if you have any questions.

Brought to you by the makers of

Children's
TYLENOL

Children's
MOTRIN

Children's
ZYRTEC

*Consult a doctor for dosing under 2 years. Check the ingredients in your medicine. Use only 1 product containing acetaminophen at a time.
†Among over-the-counter oral antihistamines.