

THE SNIFFLES

A SURVIVAL GUIDE FOR MOM



We know how much you love watching your baby explore and experience the world around them. We also know how stressful it can be when your baby is feeling unwell and not breathing properly. As a parent you worry about what you could do to help them.

WHAT ARE THE SNIFFLES?

“Sniffles” is not the name of a favourite pet, but rather one of the most common causes of babies not feeling well in the first few months of life and is otherwise known as a blocked nose. A baby’s nose and nasal passages are very small, and even the slightest build-up of mucus can make it difficult for them to breathe. Babies are unable to blow their own noses to clear the mucus – making them breathe through their mouths. This could make it difficult for them to feed and sleep.^{1,2}

Babies up to 1 year of age, have to be able to suckle as they mostly rely on breastmilk or infant formula for their food. If they have the sniffles, they are not able to breathe properly and in turn they cannot feed properly, which makes them feel hungry, fussy and not feeling their best.³



WHAT CAUSES THE SNIFFLES?

Contrary to popular belief, the sniffles are not only caused by colds and flu – but any type of infection can make it worse.¹

Sniffles occur when the inside of the nasal passages swell up and produce more mucus in response to:³



- **Dry air:** in winter time; and the use of heaters or fireplaces



- **Irritants:** such as smoke, dust or perfume

HELP BABY BREATHE EASIER^{1,3}

- **Give a pat on the back:** Gentle taps on your baby’s back can help ease chest congestion. Lay your baby down across your knees (or let her sit upright, with her body leaning forward) then gently pat her back with your cupped hand. This helps loosen mucus in the chest and makes it easier for your baby to cough it up.
- **Cleanse:** Remove the dried, crusty and sticky mucus from around baby’s nose. Use a damp cotton swab and gently wipe the area clean.
- **Moisturise:** Before a feed, sit with baby in the bathroom (not in the bath / shower) while you run a bath – the steam from the hot water will help; use a humidifier or place a bowl of warm water in the room where baby sleeps.
- **Rinse it:** using saline nose drops or a nasal aspirator, you can rinse out and remove the mucus from baby’s nose.

HOW TO RELIEVE THE SNIFFLES¹⁻³

Nasal aspirators

Nasal aspirators are often used along with saline drops. These nifty pumps allow you to suck the mucus from your baby’s nose. They come in various shapes and sizes, but the two most popular ones are the bulb syringe and the tube aspirator (where you suck the mucus from the other end). Speak to your doctor or clinic sister for advice on whether you should use a nasal aspirator or not.

Saline drops or sprays for babies

Nasal sprays or drops* such as iliadin® may be useful as it thins the mucus and makes it easier for you to clear your baby’s nose.

Bulb Syringe



Tube aspirator



Nasal drops / sprays



*containing saline

iliadin®

WHEN I CAN BREATHE EASILY, I AM FREE TO



Nasal decongestant indicated for infants from one month to one year

WHEN TO CALL A DOCTOR?

It could be normal for baby to take longer to feed or to want smaller or shorter feeds more often than usual when having a blocked nose.^{1,2} If baby is feeding or is otherwise well, there is no need to worry, however you should consult a doctor if you are concerned or if any of the following happens:^{1,3}

- If baby has a fever (a temperature over 38 °C)
- If baby's stuffy nose lasts longer than 2 weeks
- If baby has swelling around the nose, eyes or cheeks
- If baby struggles to breathe
- If baby has trouble feeding
- If baby seems to be in pain
- If baby is very fussy
- If the use of saline drops doesn't help baby breathe easier



BENEFITS OF iliadin® BABY NOSE DROPS

If your baby has a blocked nose, speak to your pharmacist about iliadin® Baby Nose Drops:

- It unblocks the tiniest noses, freeing baby from the discomfort of congestion
- It allows your baby to breathe easier, leaving baby free to hear, drink and sleep better⁴
- It can be used from 1 month of age (up to the age of 1 year)



iliadin®

None of the information contained herein should replace the advice of your healthcare provider.

References: 1. Harding M. Blocked Nose in Babies. Snuffles and Sniffles. [online] 2017 June [cited 2018 Nov 27]. Available from: URL: <https://patient.info/health/blocked-nose-in-babies-snuffles>. 2. NHS. Advice and Guidance: Illness. Common Childhood illnesses. [online] [cited 2018 Dec 13]. Available from: URL: http://www.dchsh.nhs.uk/home/our-services/find_services_by_topic/healthvisiting/advice_guidance/illness. 3. Farrer F. Blocked nose in infants. SA Pharmacist's Assistant 2017. [online] [cited 2018 Dec 13]. Available from: URL: <http://www.sapajournal.co.za/index.php/SAPA/article/view/731/1237>. 4. Bergner A, Tschalkin M. Treating rhinitis in babies and toddlers [German paper]. Apotheker Zeitung 2005;145:97-99. (English Translation).

iliadin® Saline Metered Nose Spray and Nose Drops. Each 1 ml of solution contains 0.7 % sodium chloride and 0.01 % m/v benzalkonium chloride as preservative. [SI] iliadin® Baby Nose Drops. Each 1 ml of solution contains 0.1 mg/0.01 % m/v oxymetazoline hydrochloride and 0.005 % m/v benzalkonium chloride as preservative. Reg. No. 34/16.1/0366; [NS] Namibia: Reg. No. 15/16.1/0102; Mauritius: Reg. No. R6101/02/14; [SB] Botswana: Reg. No. B0T1803338. For full prescribing information refer to the package insert approved by the Regulatory Authority. Applicant: Merck (Pty) Ltd. Reg. No.: 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, South Africa, 1645. Tel: +27 (0) 11 372 5000 / Fax: +27 (0) 11 372 5252. Report adverse events to drug.safety.southeastafrica@merckgroup.com or +27 (0) 11 608 2588 (Fax Line). SNA-NAS-1901-0001a(1). October 2019.



Ask your doctor or pharmacist about the iliadin® product that is best suited for your family.



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