



- ⇒ **Oral decongestants** can help relieve a stuffy nose, ear congestion, or a popping feeling in the ears. **Carefully follow package directions.**
- ⇒ **Nasal decongestants** (nose sprays or drops) can relieve a stuffy nose. They should be used sparingly, and not for more than 3 days because the nasal congestion can become worse. They should not be given to children younger than 6 months of age.
- ⇒ **Cough syrups** should be used only for certain kinds of coughs. See below for details. **Carefully read package directions.**
  - Coughing is useful because it removes secretions from the throat. If the cough is wet and productive (coughing up secretions), a cough suppressant should not be used unless the cough is preventing your child from sleeping. Instead, have your child suck on hard candies or drink a hot liquid.
- ⇒ **Antihistamines** are not very effective for treating cold or flu symptoms and may cause drowsiness and thicken the secretions that are trying to be dislodged. For colds and flu, it is better to use a regular decongestant. **Carefully follow package directions.**

## Antibiotics

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**Antibiotic Treatment Does Not Cure Viral Infections.**

**Antibiotics Do Not Kill Cold Or Flu Viruses Or Help Aches, Pains Or Fever.**

**Taking Antibiotics When Not Needed May Be Harmful.**

**If Your Practitioner Prescribes An Antibiotic, Always Give Your Child All The Antibiotic, Even If He/She Feels Better.**

**Use Medicines As Directed By Your Health Care Practitioner Or Package Directions.**

## Follow Up

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You should contact your health care practitioner whenever your child is sick. The suggestions given above should never replace the advice of your healthcare practitioner.

Endorsed by The New York State Department of Health and the New York State Association of School Nurses. This form may be reprinted.

For more information about antibiotic resistance visit our website at:  
[www.health.state.ny.us](http://www.health.state.ny.us) - Click on Diseases and Topics, then on Antibiotic Resistance

OR

Email us: [abxuse@health.state.ny.us](mailto:abxuse@health.state.ny.us)