

# Relieve the symptoms of a common cold

## How to help relieve a sore throat

The best treatment for your child is to rest, relieve the symptoms and see your doctor or pharmacist if it gets worse. Common colds usually last 5 – 7 days and a cough can last an additional 2 weeks.

If your child is experiencing a sore throat, you may find the following advice useful:

- Some older children find it soothing to gargle warm salty water, or to suck on ice or a throat lozenge.
- Paracetamol, ibuprofen or aspirin (common pain relief medicines) can ease the pain of a sore throat. However some people cannot use these medicines. Read the label to make sure what you are using is safe for you or your child and ask your pharmacist.
  - Do not use ibuprofen in babies under 6 months of age.
  - Do not give aspirin to anyone under 18 years of age unless prescribed by your doctor as it can cause serious harm in viral illness.
  - Do not take aspirin if you are breast feeding unless advised by your doctor

Talk to your doctor before using either ibuprofen or aspirin if you or your child has kidney problems, is allergic to either ibuprofen or aspirin (e.g. some people with asthma), or if you are pregnant or have ever had a stomach ulcer.

Common colds need common sense, they don't need antibiotics. Antibiotics work on bacteria, not on the viruses which cause common colds.

See your doctor if you are concerned about your child's health. For more information, go to the 'parents and carers' page of the common colds section of the NPS website at [www.nps.org.au/consumers](http://www.nps.org.au/consumers)



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