

# Tips for a Healthy Family

## Caring for Viral Infections

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Viral infections are everywhere and odds are your child will catch them multiple times. Antibiotics do not work for viral infections, so how can you treat them and make your child comfortable?

[The American Academy of Pediatrics](#) provides these tips to help comfort them:

- Administer nose drops or spray and/or humidifier to help with a stuffy nose
- Provide honey and cough drops to help with a cough
- Use ibuprofen and/or acetaminophen to help with fevers and body aches
- Taking cool water baths will also help with fevers
- Make sure they get plenty of rest
- Drink lots of clear liquids; water, chicken broth or juice is best

Children's immune systems are not as mature as adults so they are more susceptible to catching all the germs. Teach your child how and when to wash their hands, provide hand sanitizer and tell them to keep their distance from someone who is sick if possible. When someone in your house is sick remember to avoid sharing anything with them like cups or utensils.

Here are some fun books to read to your child if he or she does get sick:

