



Having a sick child at home is no fun. Help them feel better by following these KixTips from our Pediatric Nurses.

Remember, if you're ever unsure or concerned about your child, it's always best to speak with a KixNurse or other healthcare professional for guidance.

Symptomatic Management and Treatment:

- 1 Rest**
Make sure your child gets plenty of rest to help their body fight the virus. Tired and low energy is ok. As long as they wake and respond to you appropriately.
- 2 Hydration**
Offer a variety of fluids frequently throughout the day. Small frequent sips of water, clear soups, and oral rehydration solutions will help prevent dehydration. Keep an eye on how often they pee, if they haven't peed or had a wet diaper in 6 or more hours, check in with your KixNurse!
- 3 Fever**
If your child has a fever, give them acetaminophen and/or ibuprofen. Be sure to follow the dosing instructions for the child's age and weight.
- 4 Cough and Sore Throat**
Offer warm liquids, like honey mixed in warm water, to soothe their throat. Note: Avoid giving honey to children under 1 year old. Tylenol or Advil are not just for fevers! They can also help with sore throats. If you can't figure out why your child is refusing eating or drinking and they can't tell you. Try giving some medication and see if they are more willing to eat and drink after an hour or so.
- 5 Nasal Congestion**
Use a nasal suction to clear their nose if they're too young to blow it. Saline nasal drops can also help loosen mucus. Sleep with the window open to let the cool air in. The cool air helps their airway and lessens coughing and secretions.

Interventions:

- 1 Cool Mist Humidifier**
Use a humidifier in their room to keep the air moist, which can help with breathing and secretions.
- 2 Elevated Sleep**
If your child has a cough or congestion, raising their head slightly with an extra pillow can help them breathe more comfortably.
- 3 Regular Hand Washing**
Teach your child to wash their hands often to prevent the spreading of the virus to others in the home.

Activities at Home:

- 1 Quiet Play**
Engage in quiet activities like colouring or watching their favourite shows to keep them entertained without using too much energy.
- 2 Story Time**
Spend time reading stories or talking to your child about their favourite things to keep their spirits up.
- 3 Gentle Play**
If they feel up to it, engage in gentle play like building with blocks or playing with soft toys.
- 4 A Short Walk**
Fresh air and sunshine will always do the body good.

Note: Each child is different, so some of these KixTips might work better than others. Keep an eye on your child's symptoms and if they seem to be getting worse or aren't improving, speak to a KixNurse or seek medical attention.

Learn more about complete virtual physical and mental healthcare for kids 0-17 at www.kixcare.com/kix360