



Join **Kix360°** and speak with a KixNurse today! Build your community of pediatric experts who are available 24/7 for all your kid's health and wellness concerns.

STEP 1

Rest

Make sure your child gets plenty of rest to help their body fight the virus. Activities to do at home when they are awake that do not use too much energy include quiet play (colouring/watching their favourite shows), storytime, gentle play (blocks, soft toys), or a short walk outside.

KixTips

Tired and low energy is ok. As long as they wake up alert, and respond to you appropriately.

STEP 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.

KixTips

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.

STEP 3

Fever

If your child has a fever, give them Tylenol (acetaminophen) and/or Advil (ibuprofen). Be sure to follow the dosing instructions for the child's age and weight.

KixTips

If you aren't sure which to choose, we have a blog for that! Also, our KixNurses have a video on which medication is the best choice.

STEP 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 the age of 1.

KixTips

Tylenol or Advil are not just for fevers! They also help with pain. If you can't figure out why your child is refusing to eat or drink, try giving medication and see if that helps.

STEP 5

Nasal Congestion

Use a nasal suction to clear their nose if they're too young to blow it. Saline nasal drops/spray can also help loosen mucus. Sleep with the window open and/or use a cool mist humidifier which help their airway, coughing, and secretions.

KixTips

If your child is congested or coughing, raising their head slightly with an extra pillow can help them breathe more comfortably when over the age of 1.

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.