

# Coughs and colds

There are some good things about children catching a few coughs and colds, as it helps them to build up natural defences and fight off viruses.

Most bugs will run their course without doing any real harm because they are viruses which get better on their own, but there are things you can do at home to help:

- Give your child lots to drink
- Try infant paracetamol (not aspirin)
- Keep them away from smoke, do not let people smoke at home or around your child or come into contact with your child if they have recently smoked
- Keep calm – a cuddle goes a long way
- Remember that coughing is the body's way of keeping the lungs clear, but talk to your pharmacist if you are concerned.

Download [A Guide for Parents and Carers of children from 0-5 years – Common childhood illnesses](#) for more useful information.

## Catch it

Germs spread easily. Always carry tissues and use them to catch coughs or sneezes.

## Bin it

Germs can live for several hours on tissues, so throw them in the bin as soon as possible.

## Kill it

Hands can pass on germs to everything you touch. Clean your hands as soon as you can.

This information cannot replace specialist treatment. If you are still worried, contact NHS 111 or a doctor (e.g. your GP practice or walk-in centre).

## Pharmacist's tips

Children can also be treated using over the counter painkillers to help to bring down a raised temperature. Some are available as a liquid for children and can be given from the age of about three months. Always check with your pharmacist if you aren't sure which treatments you can give your child.

