

6 NON-MEDICAL REMEDIES FOR THE FLU



Use a cool mist humidifier to soothe an irritated throat



Give a teaspoon of honey prior to brushing their teeth to help with nighttime cough.
(For children older than 1 year)



Bulb suction nose to remove mucus from children younger than 2 years old



Encourage your child to breathe in moist, warm air from a steam shower to loosen mucus



Avoid cough and cold medications



Give plenty of warm fluids
(For children over 6 months)