



## Cold Care – Infants to 3years old

### Rest and Fluids

**Rest, Rest, Rest** – Let your child sleep as much as they want. Unlike adults, they don't "push" themselves.

**Keep secretions loose** – Nurse often. Offer plenty of fluids. Consider electrolyte solution for improved hydration. The office carries Electrolyte Supreme by Jigsaw, but there are many good brands. Broth is also a good option as it is good for hydration and warm beverages are soothing. Avoid Gatorade-like products as the high sugar content can lead to diarrhea.

### Cough

Do not treat cough unless it is severe or interfering with sleep. Clearing secretions is an important defense mechanism.

**< 12 Months old: Do NOT** give honey.

**12 Months or older:** Honey recommended (1-2 tsp straight honey)

### Hydration

**Infants** - Keep those babies hydrated. Nurse often. Only offer water if they refuse to nurse. Suction out nares before feeding if needed. Be gentle. Aggressive suctioning, can cause swelling of the nasal passages.

**Toddlers** – Keep hydrated with favorite fluids. Offer Pedialyte. Sugary beverages should be avoided, but they are better than nothing.

### Poor Appetite

**Its okay!** A poor appetite is a normal response to illness. Hydration is the most important. Not eating or limited eating for several days is normal. When the child is hungry, allow them to eat.

### Sinus Congestion

**Cool Mist Humidifier** - *(You can add essential oils peppermint, menthol, eucalyptus, thyme, and tea tree oil)*

**Saline nasal spray/drops** - Use frequently and use a product that has xylitol. Spry and Xlear are the most popular brands. We carry a NOW brand product in the office.

**Nebulize** - If you have a nebulizer - nebulize water for direct humidification or silver for its antimicrobial benefits.

**Silver Nasal spray/drops** - for its anti-microbial action. Sovereign Silver is the over the counter strength and is available in most health food stores. The office carries the pharmaceutical strength, Argentyn 23.

## Ear Infection?

**Maybe but its likely viral.**

**Over 6months old** -the recommendation is control the pain and let thy body heal itself.

**Olive oil drops with or without garlic infused** – drop into the ear canal (there are baby products for this too) and give tylenol. Motrin >6months old only. Ear tugging >48hours - make an appointment.

## Chest Congestion

Most of the time it sounds like chest congestion...but its often upper airway congestion.

**Cool Mist Humidifier; Bath or Shower**

**Nebulize** - If you have a nebulizer - nebulize water for direct humidification or silver for its antimicrobial benefits.

## Fever

**Infants <6weeks old.**

ER for a verified temperature >100.4 rectal or temporal

**Infants >6weeks old and Toddlers**

Children can withstand pretty high fevers. And it is actually when the fever is brought down...that causes seizures. So be gentle with fever.

Wipe forehead and possible underarms with cool (not cold) cloth.

**Avoid** shivering - Avoid cold baths because you want to avoid shivering which raises the temperature.

Unless temperature is >102-103 or your child is particularly uncomfortable let fever run its course. It is the body's main mechanism for fighting infection and treatments to reduce fever interfere with healing.

NEVER give aspirin. Follow motrin/tylenol instructions on bottle.

## Warning Signs

Seek immediate treatment if the following occurs. Go to the Emergency Room. Do not delay care by calling Well Life first. Please do call after you have received care, so we can take over.

ER - Fever for more than 5 days, high-pitched cries or sounds like a seal barking, difficulty breathing or has a bluish tinge around the mouth, fingers or toes. Dehydration signs like few or no tears when crying, decreased urine output.

## Prevention For Everyone

**Probiotics and Vitamin D** daily has been shown to reduce the incidence of Upper Respiratory Infection by 50%

**Flu?** - A key feature of the flu is severe and sudden onset of symptoms. Have the flu or probably have the flu? Tamiflu: I personally despise Tamiflu. It makes you feel worse and you already feel terrible. However, it is the “standard of care” and the evidence seems to support that it reduces transmission. But unless you are very old, very young or chronically ill, I advise against it. Most Well Life members work towards optimizing their health and should have a robust immune system. You may feel awful, but you will live. Tamiflu for this age group is recommended.

## Antibiotics

Why are antibiotics such a bad idea? Let's forget about the resistance problem and discuss why you should avoid antibiotics. Antibiotics are life-saving and if used, they really should be saving a life. But you're sick. I get it. You just want to feel better.

1. If you have only been sick a few days, it's likely viral and antibiotics won't help. Most virus symptoms last about 3 days and then you will start to feel like you are going to live. If you have the flu or a flu-like virus then you can plan on 5-7 days...YUCK. If you have been sick 7+ days and not getting better or worsening, then it is time...call/text the clinic.
2. Antibiotics will likely cause diarrhea. If you need the antibiotics, then diarrhea may be worth it...but if you had something viral then you got diarrhea for no reason.
3. Antibiotics literally poop out your immune system. All that magical bacterial flora in your gut is severely wiped out. And now you have to take double, triple, quadruple the probiotics to rebuild. And while you rebuild, you are set up for your next infection. And studies suggest that you never, ever, ever completely restore your microbiome to its previous glory. So every single time you take antibiotics, you reduce your microbiome...possibly permanently.

If a Well Life member specifically asks for an antibiotic, within reason you will be prescribed an antibiotic. But be careful what you ask for. Make sure the benefit outweighs the risk.