

How to Treat a Respiratory Illness

Activity

- Stay away from crowds or sick people. You or your child may be more likely to pick up another illness while recovering from a respiratory illness.
- Take extra rest periods.

Diet

- Drink lots of clear liquids. These will help thin out the mucous that can add to the breathing problems. Have a variety of liquids from which you can choose.

Medicines

- If you are sent home with a prescription, you should:
 - get it filled right away
 - know what the medicine is and its purpose
 - know how much medicine to give
 - know how often to give it.
- Give all medicines as directed.
- Do not stop giving prescribed medicines without first talking with your doctor.

- Call your doctor if the medicine causes any:
 - nausea or vomiting
 - diarrhea
 - rash
 - restlessness
 - shakiness
 - trouble sleeping
 - more problems breathing.

When To Call Your Doctor

Call your doctor if you or your child:

- has shortness of breath
- has more trouble breathing
- has a poor color (looks gray or blue)
- has more coughing
- has a fever of more than 101 F
- has a poor appetite
- feels restless or has anxiety.