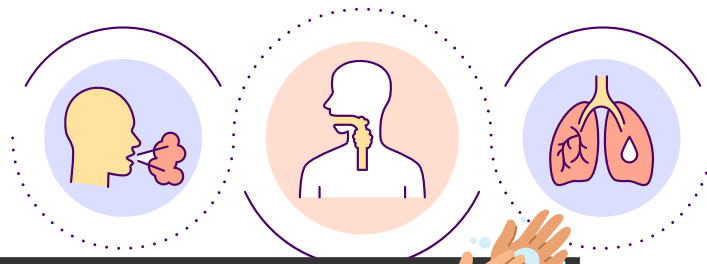# HOME MANAGEMENT OF RESPIRATORY ILLNESSES: A GUIDE FOR CAREGIVERS

KEEP AN EYE ON HOW YOUR CHILD FEELS

- Look for signs like a fever, cough, stuffy or runny nose, or feeling really tired.
- If your child feels really sick or their symptoms get worse, it's important to talk to a doctor.

GOOD HYGIENE IS KEY

- Remind your child to wash their hands often with soap and water, especially before eating and after coughing or sneezing.
- Covering their mouth and nose with a tissue or elbow when they cough or sneeze can help stop germs from spreading.

REST AND DRINK UP

- Make sure your child gets plenty of rest.
- Encourage them to drink lots of fluids like water, juice, or soup.
- It helps to loosen up the yucky stuff in their nose and chest.

SLEEPING POSITIONS

- Elevate your child's head while they sleep by putting an extra pillow under their mattress or having them sleep on an extra pillow.
- It can make it easier for them to breathe.

EAT HEALTHY

- Foods like fruits, veggies, lean meats, and whole grains can help your child's body fight off germs.
- Try to serve lots of healthy meals and snacks.

STAY AWAY FROM SMOKE AND STRONG SMELLS

- Smoke from cigarettes or strong smells from cleaning products can make it harder for your child to breathe.
- Try to keep your home smoke-free and avoid strong smells when your child is sick.

FOLLOW SCHOOL GUIDELINES

If the school nurse says your child needs to stay home from school or avoid being around others for a while, make sure to follow their advice. It's important to keep everyone safe and healthy.

MONITOR FOR COMPLICATIONS

Watch for signs like having trouble breathing, a fever that won't go down, breathing really fast, or not having enough fluids. If you notice any of these things, get medical help right away.