



## Cough

Coughing is a useful protective reflex. It is often the longest lasting symptom of an airway infection.

### Measures:

- Set crib at an angle at the head end (possibly place books underneath)
- Regularly offer sips of unsweetened tea or water
- Before sleeping, cleanse nasal congestion with saline solution or decongestant nasal drops (for a maximum of seven days at a time)
- Before sleeping, air the bedroom and make sure the air is sufficiently humid (air-humidifier or a large damp towel).
- Put sliced fresh onion next to the bed
- In case of a barking cough: inhale steam by sitting on the toilet lid in the smallest bathroom and let the shower spray run hot, with the shower curtain closed or breathe in the cool air with the child (at the window, on the balcony or on a walk)
- Drizzle three drops of eucalyptus oil on pillow/outside of bed

### Report to doctor if:

- Shortness of breath: with accelerated or strained, painful breathing. (*without fever!*)
- For blue lips/mouth triangle
- If the cough is accompanied by fever, accelerated breathing or pain when breathing for more than three days