

Hello! This notice is about coughs in children. I will be giving you tips on what you can do for coughs, and when a child needs to go to a doctor.

Coughing is a form of protection that keeps the airways clear. It irritates the throat and produces mucus in the nose. Children usually cough as a result of a cold or flu.

These 4 tips can help your child's cough:

1. Give your child lots to drink. Drinking can soothe the throat, dissolve mucus and ease throat irritation.
2. Keep opening the window to let fresh air in. Humid air can also help. For example, you can wet towels and hang them over the heating.
3. Allow your child to sleep a lot. Elevate their upper body, for example by placing something under the mattress. This makes it easier to breathe and sleep.
4. Give your child lots of attention. For example, read to them.

Are you unsure whether to take your child to a doctor? You should take your child to see a doctor in the following 5 situations:

1. The child has difficulty breathing, is breathing fast or has 'whistling' breathing.
2. The child has had a cough AND fever for the last 4 days.
3. The child has pain when breathing.
4. The cough has lasted more than 14 days.
5. The child is fatigued and no longer wants to play.

Not sure what to do? Ask the parent counselling service or at your paediatric medical centre. All addresses and telephone numbers can be found at www.meinkindistkrank.ch

I wish you and your child all the best!