

Pointers For Parents

Surviving Cold And Flu Season

(NAPSA)—As the temperatures drop, parents can prepare for cold and flu season by creating a well-stocked survival kit. Here are some tips to help:

- Regular hand washing is the best way to keep the germs at bay. Stock up on child-friendly soaps and hand sanitizers so kids will look forward to the task. Also, when using public restrooms, turn off faucets and open doors with a paper towel.

- Stave off germs with high-quality, lower-price Target Brand cough and cold products. For preventative care, try Cherry Zinc Melts. If the bug has already settled in, opt for cough drops such as Citrus Vitamin C, Cherry, and Sugar-Free Black Cherry to soothe symptoms.

- Save money when filling prescriptions. Target offers over 300 generic medicines for only \$4 for a 30-day supply or \$10 for a 90-day supply. Generics are as safe and effective as their brand-name equivalents but available at a much lower cost.

- Get plenty of rest. Children need up to 13 hours of sleep per night to stay in fighting shape. By sticking to consistent bedtimes, parents make resting a priority.

- Sometimes a cold is simply unavoidable. The Food and Drug Administration warns against using over-the-counter cold medicine for kids under 2 years of age. Always read the label and never give adult medication to a child.

You can ask your pharmacist for recommendations and visit www.otcsafety.org for more on over-the-counter medication



Creating a cold and flu season survival kit can help you prevent and treat the season's symptoms while managing costs.

safety. Nonmedicated remedies such as saline washes and nasal strips can also be used for mild to severe symptoms.

- A humidifier can help ease stuffy noses and tight chests. Aim steam away from cribs and beds to avoid damp sheets. Also, change the water daily to avoid molds.

- For a good night's rest, apply a mentholated rub to help soothe and break up chest congestion.

- A spoonful of honey (not for babies under 1 year old) or a squeeze of lemon can make scratchy throats feel less painful. Parents can also ease discomfort with the help of a Popsicle.

- Increase fluids. Drinking fluids helps loosen mucus and prevents dehydration. Try Archer Farms Cranberry Juice, a premium brand found at Target. Cranberry juice helps flush the system and kids are happy to drink it.

As always, keep sick children out of school and away from playgrounds and healthy children.