

# HEALTH & WELLNESS GUIDE FOR KIDS



Brought to you by the makers of



## HELP PREVENT YOUR CHILD'S COLD

- Teach kids to avoid touching their eyes, nose, and mouth with unwashed hands.
- Have them wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Smart phones and tablets, like any other surface, may be a breeding ground for germs. Make sure to clean them.



## PROVIDE RELIEF

- Make sure your child is drinking plenty of fluids and gets enough rest.
- A humidifier can help relieve a stuffy nose, break up mucus, and even soothe an irritated throat. Go for a cool mist — it's safest for kids.
- Prop their head up by using an extra pillow. This will help relieve congested nasal passages so your child can breathe easier.



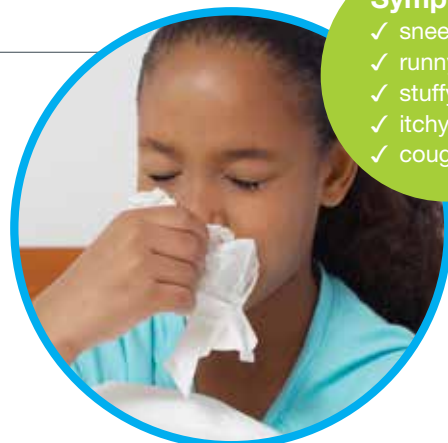
## PROTECT YOUR CHILD

- Teach them their name, address, telephone number, and how to dial 9-1-1.
- Decide on a "safe word" with your child so that if plans change unexpectedly, your child knows who to trust.
- Children tend to trust strangers who know their name. Don't dress your child in clothing that has their name on it.

## Q & A Answers at Walgreens™

### What are the signs and symptoms of a cold?

Symptoms of a common cold usually appear about 1-3 days after exposure to a cold-causing virus and can last up to two weeks. Symptoms may include sneezing, runny or stuffy nose, itchy throat and coughing.



### Symptoms:

- ✓ sneezing
- ✓ runny nose
- ✓ stuffy nose
- ✓ itchy throat
- ✓ coughing

# COUGH & COLD SHOPPING LIST

- Children's cough & cold products, such as Triaminic® medicine
- Children's pain/fever reducer
- Pediatric saline sprays or drops
- Thermometer (and rubbing alcohol for thermometer cleaning)
- Vapor rubs (for children older than 2 years) and a cold mist humidifier
- Facial tissue
- Books, activities, movies, crayons and puzzles to help entertain your child



## CHILD SAFETY INFORMATION CARD



Child's Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Blood Type \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Eye Color \_\_\_\_\_ Hair Color \_\_\_\_\_

Identifying Marks \_\_\_\_\_

Allergies \_\_\_\_\_

### Recording your child's fingerprints is important.

Why? Fingerprints are unique and do not change overtime like appearances.

#### How to make a good set of prints:

1. Clean fingers with soap and water.
2. Press child's finger into inkpad.
3. While holding child's finger rigid, press finger over proper chart location.



Good Print



Bad Print

Right Thumb	Right Index	Right Middle	Right Ring	Right Little
Left Thumb	Left Index	Left Middle	Left Ring	Left Little